

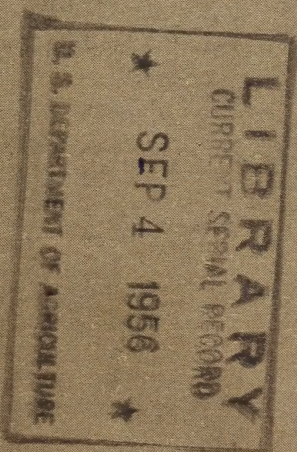
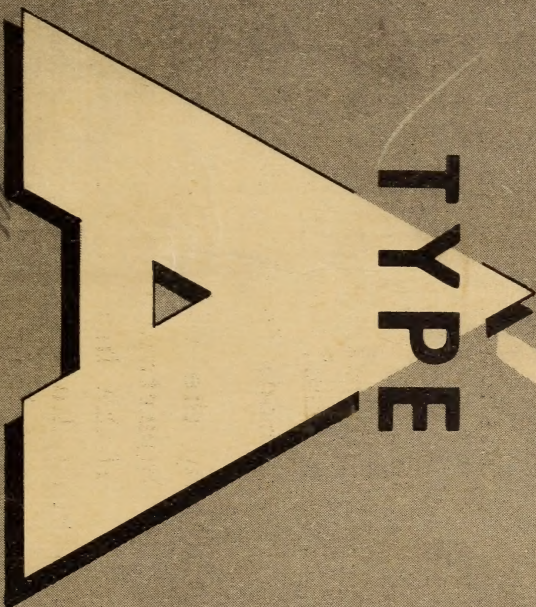
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Receipts

TYPE



SCHOOL LUNCHESES

UNITED STATES DEPARTMENT OF AGRICULTURE

PA-271

Washington, D. C.

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RECIPES FOR TYPE A SCHOOL LUNCHESES

The recipes in this file have been developed to assist school lunch cooks and managers prepare and serve appetizing and nutritious lunches. The file contains some of the favorite school lunch recipes previously published, as well as many new ones. Each recipe in this easy-to-use card file is designed to help school lunch workers prepare foods in the amounts needed to meet the requirements for Type A lunches. As a further aid, the recipe cards for the protein-rich dishes contain suggested menus. Additional information on such subjects as portion control, the use of nonfat dry milk solids, dried whole eggs, and basic quantity cookery methods is also included.

The recipes were developed by the Human Nutrition Research Branch of the Agricultural Research Service, U. S. Department of Agriculture, and by the Fish and Wildlife Service of the U. S. Department of the Interior. State School Lunch Supervisors serving on the Area Committees on School Lunch Nutritional Requirements provided much assistance to the Food Distribution Division of the Agricultural Marketing Service, U. S. Department of Agriculture, in the preparation of the menus included in the file. They also provided many valuable suggestions on this simple and usable method of publishing the material.

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C -- FRUITS AND OTHER DESSERTS

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H -- SAUCES AND GRAVIES

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THE TYPE A PATTERN

General Information A-1

The Type A Lunch Pattern is your guide to well-balanced nutritious lunches. It is designed to help plan lunches which will supply the kinds and amounts of food children need. Each day each Type A lunch should include:

WHOLE MILK--1/2 pint as a beverage. This milk must meet the minimum butterfat and sanitation requirements of State and local laws. In addition to milk as a beverage it is desirable to use milk frequently in cooking.

PROTEIN-RICH FOODS--a 2-ounce serving. 2 ounces of cooked or canned lean meat, poultry, or fish; or 2 ounces of cheese; or 1/2 cup of cooked dry peas, beans, or soybeans; or 4 tablespoons of peanut butter; or 1 egg; or a combination of 1/2 of the listed quantities of each of two of these items may be served.

VEGETABLES AND FRUITS--a 3/4-cup serving. 3/4 cup (6 oz.) of raw or cooked vegetables or fruits (fresh, canned, dried, or frozen) or both may be served. As studies show that vitamins A and C are frequently short in children's diets, special attention should be given to foods containing these vitamins. It is desirable to include a vitamin C food every day, a vitamin A food twice a week. "Other" vegetables and fruits should be included several times a week or as needed to meet the 3/4-cup requirement.

BREAD--1 portion. 1 slice of bread or 1 serving of hot breads made of enriched or whole-grain cereal may be served. The serving of hot breads such as muffins, biscuits, rolls, and buns, should be the equivalent of 1 slice of enriched bread.

BUTTER OR FORTIFIED MARGARINE--2 teaspoons. 2 teaspoons of butter or fortified margarine may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the meal.

QUANTITIES OF FOODS FOR TYPE A LUNCHESES--The booklet "Food Buying Guide for Type A School Lunches"(PA-A-270) should be used as a guide for the approximate amounts of foods to prepare.

CONTRIBUTION OF PROTEIN-RICH RECIPES

The quantities of protein-rich foods used in these recipes have been carefully calculated to provide the amount of the various foods needed to meet either all or half of the Type A requirement for a protein-rich food. Only the protein-rich foods specified in the pattern have been considered in these calculations.

In some recipes the full amount of protein is provided by one food; in others it is provided by a combination of foods. Each protein-rich recipe is clearly marked to show the contribution it makes to a Type A lunch.

Each recipe in this file is designed to provide 100 portions. Since few schools serve exactly 100 lunches each day, it is often necessary to reduce or increase a recipe.

To adjust a recipe to the right size for use in your school:

1. Write the number of portions needed in the heading of the blank column on the recipe card.
 2. Figure the weight or measure of each ingredient:
For 25 servings--multiply each ingredient listed by $\frac{1}{4}$.
For 33 servings--multiply each ingredient listed by $\frac{1}{3}$.
For 50 servings--multiply each ingredient listed by $\frac{1}{2}$.
For 66 servings--multiply each ingredient listed by $\frac{2}{3}$.
For 75 servings--multiply each ingredient listed by $\frac{3}{4}$.
For 200 servings--multiply each ingredient listed by 2.
- Note: When the amount of an ingredient needed in the recipe is stated in two different units of weight or measure, change them to one common unit before multiplying. For example: When a recipe calls for 1 pound 14 ounces of any ingredient change the amount needed to 30 ounces; when a recipe calls for 1 gallon $3\text{-}\frac{1}{4}$ quarts, change the amount needed to $7\text{-}\frac{1}{4}$ quarts. Then multiply by the appropriate fraction or number as shown above.
3. Enter the amount that you need of each item in the blank column at the right of the list of ingredients.

When more than 200 servings are needed, it is wise to prepare the total amount needed in several lots.

FRACTIONAL EQUIVALENTS

The following chart is designed to help you change fractional parts of pounds, gallons, cups, etc. to accurate weights or measures. For example, reading from left to right, the table shows that 7/8 of one pound is 14 ounces; 1/3 of a gallon is 1 quart + 1-1/3 cups; 1/16 of a cup is 1 table-
spoon.

Fractional unit	Tablespoon	Cup	Pint	Quart	Gallon	Pound
1.....	3 tsp.	16 tbsp.	2 cups	2 pt.	4 qt.	16 oz.
7/8.....	2-1/2 tsp.	1 cup less 2 tbsp.	1-3/4 cups	3-1/2 cups	3 qt. + 1 pt.	14 oz.
3/4.....	2-1/4 tsp.	12 tbsp.	1-1/2 cups	3 cups	3 qt.	12 oz.
2/3.....	2 tsp.	10 tbsp. + 2 tsp.	1-1/3 cups	2-2/3 cups	2 qt. + 2-2/3 cups	10-2/3 oz.
5/8.....	2 tsp. (scant)	10 tbsp.	1-1/4 cups	2-1/2 cups	2 qt. + 1 pt.	10 oz.
1/2.....	1-1/2 tsp.	8 tbsp.	1 cup	2 cups	2 qt.	8 oz.
3/8.....	1-1/8 tsp.	6 tbsp.	3/4 cup	1-1/2 cups	1 qt. + 1 pt.	6 oz.
1/3.....	1 tsp.	5 tbsp. + 1 tsp.	2/3 cup	1-1/3 cups	1 qt. + 1-1/3 cups	5-1/3 oz.
1/4.....	3/4 tsp.	4 tbsp.	1/2 cup	1 cup	1 qt.	4 oz.
1/8.....	1/2 tsp. (scant)	2 tbsp.	1/4 cup	1/2 cup	1 pt.	2 oz.
1/16.....	1/4 tsp. (scant)	1 tbsp.	2 tbsp.	4 tbsp.	1 cup	1 oz.

WEIGHING AND MEASURING:

For best results, weight or measure ingredients accurately and carefully follow the directions given in the recipes for combining. Weighing, whenever possible, is recommended as it is usually more accurate. To save time, weigh all small equipment (intended for scale use) and mark the various weights on the outside of the utensil with permanent markings.

When ingredients are to be measured, use standard measuring equipment and make measurements level. Pre-sift materials or use other precautions against increase and overpacking. Using the largest appropriate measure instead of the equivalent in small measure saves time and also reduces the possibility of error. For example: Use a 1-gallon measure rather than a quart four times; or a pint measure rather than 2 cups; or 2 cups rather than 32 tablespoons.

EQUIPMENT AIDS TO ACCURATE WEIGHING AND MEASURING:

1. Scales:
Table Model--for weighing large or small quantities.
2. Measuring utensils:
Graduated--gallon, 2-quart, 1-quart, pint, cup.
Individual--1 cup, 1/2 cup, 1/3 cup, 1/4 cup.
--1 tablespoon, 1 teaspoon, 1/2 teaspoon, 1/4 teaspoon.
3. Spatula or knife--for leveling.
4. Stirring spoon.
5. Sifter.

METHODS OF MEASURING INGREDIENTS

DRY INGREDIENTS

White Flour

Sift once. Place lightly in a measure and level with straight edge of a knife or spatula.

Whole-Grain Flour and Meals

Stir lightly with fork or spoon. Place lightly in a measure and level with straight edge of a knife or spatula.

Dried Whole Eggs (whole egg solids)

Sift once. Place lightly in measure and level with straight edge of a knife or spatula.

SOLID FATS

1. Use 1-pound bar of fat as equivalent to about 2 cups, or
2. Press fat firmly into the measure and level with straight edge of a knife or spatula, or

3. Use water replacement method for measuring small amounts of fat if water that clings to fat will not affect the product. Pour cold water into container up to measure which will equal 1 cup when desired amount of fat is added.

Example--To measure $1\frac{1}{3}$ cup fat:

Pour $2\frac{2}{3}$ cup cold water into the measure.

Add enough fat to raise water level to 1 cup mark. Drain off the water.

SUGARS

Brown Sugar

Pack in measure firmly enough for the sugar to keep the shape of the container when turned out. If brown sugar is lumpy, roll and sift before measuring.

White Sugar

Place in a measure and level with straight edge of knife or spatula. If sugar is lumpy, sift before measuring.

The use of standardized recipes is an important factor in portion control. However, a recipe can be depended upon to give the stated number of portions only if the servings are of a uniform size. The most dependable method to use in measuring portions is to serve the food with ladles, scoops, and spoons of standard sizes.

LADLES

Ladles may be used in serving soups, stews, creamed dishes, sauces, gravies, and other similar products.

The following sizes of ladles are most frequently used for serving school lunches:

- 1/4 cup (2 ounces)
- 1/2 cup (4 ounces)
- 3/4 cup (6 ounces)
- 1 cup (8 ounces)

SERVING SPOONS

A serving spoon (solid or perforated) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from sizes of spoons used to obtain the approximate serving size desired.

SCOOPS

The number of the scoop indicates the number of scoops it takes to make 1 quart. The following table shows the level measures of each scoop in cups or tablespoons:

<u>Scoop Number</u>	<u>Level Measure</u>
6	2/3 cup
8	1/2 cup
10	2/5 cup
12	1/3 cup
16	1/4 cup
20	3-1/5 tablespoons
24	2-2/3 tablespoons
30	2-1/5 tablespoons
40	1-3/5 tablespoons

Scoops may be used for portioning such items as drop cookies, muffins, meat patties, and some vegetables and salads.

EQUIVALENTS FOR USE OF EVAPORATED MILK AND DRY MILK SOLIDS

General Information A-5

Canned evaporated milk, whole dry milk, or nonfat dry milk solids (usually called nonfat dry milk) may be used in place of the fluid milk called for in any of the recipes in this file.

To Use Evaporated Milk: Reconstitute the canned evaporated milk with equal measures of water.

To Use Whole Dry Milk: Reconstitute the dry milk with water using 1 part dry milk and 4 parts water; i.e., 1 cup dry milk plus 4 cups water equals about 1 quart
or
fluid milk.

Nonfat Dry Milk: To reconstitute: Sprinkle dry milk on top of lukewarm water and beat well with a rotary beater, wire whip, or power mixer.

or
Mix the dry milk with the dry ingredients in the recipe and add the water for reconstitution in place of the fluid milk specified.

COOKING WITH NONFAT DRY MILK

Nonfat dry milk may be added to some foods to increase their nutritive value. Proportions are as follows:

BREADS, BISCUITS,
CAKES, and COOKIES

--Reduce flour by 2 tablespoons for each cup used and substitute 2 tablespoons nonfat dry milk. Sift with dry ingredients.

SOUPS, GRAVIES, and
WHITE SAUCE

--Add up to 4 tablespoons of nonfat dry milk for each cup of liquid. Combine with the flour or a small quantity of the liquid before stirring into mixture.

MEAT LOAVES and
SAUSAGE

--To each pound of meat add from 4 to 6 tablespoons nonfat dry milk. Also, nonfat dry milk may be added to flour used for dredging. This produces unusual browning as well as flavor.

MASHED VEGETABLES

--Add up to 3 tablespoons of nonfat dry milk for each cup of mashed vegetable. Use additional vegetable liquid or milk as needed for the right consistency.

CUSTARDS, CREAM
PUDDINGS, RICE
PUDDINGS, ETC.

--Add up to 3 tablespoons of nonfat dry milk for each cup of liquid. Mix with the dry ingredients or combine with a small amount of the liquid before stirring into mixture.

- Use dried whole eggs only in thoroughly cooked dishes--baked breads, long-cooking casseroles, and baked desserts.
- Reconstitute only the quantity of dried eggs needed for the recipe being prepared.
- Sift dried eggs before measuring.
- Follow recipe instructions carefully.
- Cook food in pans of the size and number recommended in the recipe. If other sizes are used, fill them to a depth of not more than 2-1/2 inches. Deeper layers of food may not be thoroughly cooked in the time recommended.

Dried whole eggs may be used in two ways:

1. Reconstituted with Water:

To reconstitute dried eggs--sift the dried eggs and measure or weigh quantity needed. Pour part (1/3) of the required amount of lukewarm water needed into a deep bowl. Sprinkle the dried eggs over the surface and blend until smooth with a rotary beater, wire whip, or power mixer. Add remaining water and beat until well blended.

Proportions for reconstituting dried eggs

Dried Whole Eggs	+	Lukewarm Water	=	Shell Egg Equivalents
2-1/2 tbsp. (1/2 oz.)	+	2-1/2 tbsp.	=	1
1 cup, sifted (3 oz.)	+	1 cup	=	6
2 cups, sifted (6 oz.)	+	2 cups	=	12

Note: In most recipes it is best to reconstitute the dried whole eggs before using.
2. Combined with Dry Ingredients:

Sift with dry ingredients and add the water for reconstitution to the other liquids in the recipe.

The recipes for mixes in this file have been developed for the convenience of school lunch workers in the preparation of a number of foods frequently served in school lunches. Although these recipes provide only enough of the mix for 100 portions, larger quantities can be prepared at one time.

STORAGE: The mixes can be stored in covered containers in a cool, dry place for several weeks. They may be kept in any large can with a tight cover or in smaller covered containers in weighed or measured amounts ready for use without further measuring.

"KITCHEN-MADE" MIXES SAVE TIME AND MONEY--

1. They can be made during any slack time and stored for future use.
2. They are convenient for use during rush periods or emergencies.
3. They take less preparation time.
4. They assure a standard product every time.
5. They provide the stated number of portions needed.
6. They use USDA-donated foods to good advantage.

BISCUITS

Breads and Cereal Products B-1

BISCUIT MIX

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 lb. 12 oz. 3 oz. 1 oz. 1 lb. 8 oz. .	1 gal., sifted 3 cups. 1 1/2 cup. 2 tbsp. 3 cups.	All-purpose flour. Nonfat dry milk .. Baking powder ... Salt Hydrogenated shortening	1. Sift dry ingredients together 3 times or blend 15 minutes in mixer on low speed, us- ing the whip. Cut or rub in shortening. 2. Store in a tightly covered container in a cool place until needed. YIELD: 6 pounds 8 ounces (1 gallon 1-1/4 quarts).

BISCUITS (using biscuit mix)

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
6 lb. 8 oz.	1 gal. 1-1/4 qt.	Biscuit mix.....	3. Add enough water to the dry mix to make a soft dough. 4. Turn out on a lightly floured board, divide into halves, and knead lightly about 1 min. 5. Roll out to 1/2-inch thickness and cut with a floured 2-inch cutter, or roll in a sheet and cut into 2-inch squares. Place on baking sheets (15 by 24 by 1 inch). 6. Bake at 425°F. (hot) 12 to 15 minutes.
.....	About 1-1/2 qt.	Water.....	

PORION: One 2-inch biscuit.

VARIATIONS

- 1. DROP BISCUITS: Use 1 cup additional water and portion with a No. 24 scoop (2-2/3 tablespoons).
- 2. ORANGE BISCUITS: Press into each biscuit 1/2 piece of loaf sugar which has been dipped into orange juice.
- 3. CHEESE BISCUITS: Add 1 pound (1 quart) grated cheese to the dry mix.
- 4. CORNMEAL BISCUIT MIX: Use only 3 pounds (3 quarts, sifted) all-purpose flour and add 1 pound (3 cups) cornmeal.

BOSTON BROWN BREAD

Breads and Cereal Products B-2

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb. 12 oz.	2-1/2 qt.	Whole-wheat flour.	1. Blend dry ingredients.
12 oz.	2-1/4 cups	Cornmeal	
2 oz.	1/3 cup...	Baking powder	
.....	4 tsp.	Soda	
1 oz.	2 tbsp.	Salt	
2 lb. 7 oz.	3-1/2 cups	Molasses.....	2. Add molasses and shortening, stirring until well mixed.
8 oz.	1 cup.....	Melted shortening.	Gradually stir in buttermilk or sour milk. Mix in raisins.
.....	2-1/4 qt..	Buttermilk or sour milk	3. Pour into 10 well-greased 1-pound coffee cans or 5 well-greased loaf pans (4 by 8 by 2-3/4 inches).
1 lb.	3 cups ...	Seedless raisins	4. Cover and steam in compartment steamer at 6 or 7 pounds pressure 2-1/2 hours, or boil in a hot-water bath 3-1/2 hours.

PORTION: 1 slice.

BREAD STUFFING

Breads and Cereal Products B-3

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
1 lb. 8 oz.	3 cups ...	Turkey or chicken fat or butter or margarine	1. Melt fat. Add celery and onion. Cover and cook 5 minutes.
3 lb.	3 qt.	Chopped celery...	
3 lb.	2 qt.	Chopped onion....	
1 oz.	2 tbsp. ...	Salt	2. Sprinkle seasonings throughout the bread cubes; then blend in celery-onion mixture. If desired, add finely chopped cooked giblets.
.....	2 tbsp. ...	Poultry seasoning	
7 lb. 8 oz.	Untrimmed soft bread cubes	
.....	Giblets, if desired	3. Add turkey broth as needed to moisten slightly. Blend thoroughly.
.....	Turkey or chicken broth, as needed	
.....	

PORTION: 1/4 cup.

VARIATION

1. CORNBREAD STUFFING: Use only 4 pounds bread cubes and add 5 pounds 8 ounces crumbled unsweetened cornbread.

CORNBREAD

Breads and Cereal Products B-4

CORNBREAD MIX

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
3 lb..... 4-1/2 oz.. 10 oz..... 1-1/2 oz.. 2 lb. 8 oz 10 oz	3 qt., sifted 3/4 cup... 1-1/4 cups 3 tbsps... 2 qt..... 2-1/2 cups	All-purpose flour, Baking powder.... Sugar Salt..... Cornmeal..... Nonfat dry milk	1. Sift ingredients together 3 times or blend 15 minutes in mixer on low speed, using the whip. 2. Store in a tightly covered container in a cool place until needed. YIELD: 7 pounds (1-1/4 gallons 1-1/2 cups).

CORNBREAD (using cornbread mix)				
7 lb..... 1 lb. 4 oz.	1-1/4 gal. 1-1/2 cups 2 cups (10) 2-1/2 qt.. 2-1/2 cups	Cornbread mix... Eggs..... Water..... Melted shortening	3. Combine cornbread mix with re- maining ingredients and mix just enough to moisten. 4. Pour into 4 well-greased baking pans (12 by 18 by 2 inches). 5. Bake at 425° F. (hot) 30 to 40 minutes.

PORTION: 1 piece (2 by 3 inches).

VARIATION

1. CORNMEAL MUFFINS: Portion batter with a No. 16 scoop (1/4 cup) into greased muffin pans. Bake at 425° F. (hot) 20 minutes.

CRISPY CORNBREAD

Breads and Cereal Products B-5

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
1 lb. 8 oz.	1-1/2 qt. sifted	All-purpose flour..	1. Sift together flour, cornmeal, baking powder, sugar, and salt.
4 lb.....	3-1/4 qt.	Cornmeal	
3 oz.....	1/2 cup...	Baking powder	
8 oz.....	1 cup.....	Sugar, if desired..	
.....	2-2/3 tbsp.	Salt	2. Combine eggs, milk, and shortening with dry ingredients. Stir only until dry ingredients are moist and mixture has a rough appearance. 3. Pour into 4 greased baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), 1 quart 1-2/3 cups or 3 pounds 2 ounces per pan. 4. Bake at 425° F. (hot) 25 minutes.
.....	1-1/3 cups (7)	Eggs, beaten.....	
.....	2 qt.	Milk	
1 lb.....	2 cups....	Shortening	

PORTION: 1 piece (2-1/2 by 2-3/4 inches).

VARIATION

1. CRISPY CORNBREAD (with all cornmeal): Use 5 pounds 8 ounces (1 gallon 1-1/2 cups) cornmeal and omit the flour.

MACARONI, NOODLES, OR SPAGHETTI

Breads and Cereal Products B-6

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
5 lb. 4 oz. <u>or</u> 6 lb. 4 oz.	Macaroni <u>or</u> Noodles	1. Add macaroni, noodles, or spaghetti to boiling water and stir. Cook for 14 to 16 minutes.
5 lb. 8 oz. 4 oz. 3-3/4 gal. 1/2 cup ...	Spaghetti..... Boiling water... Salt	2. Drain. 3. Rinse with water to remove excess starch.

YIELD: About 3 gallons 2 cups.
PORTION: 1/2 cup.

MUFFINS

Breads and Cereal Products B-7

MUFFIN MIX

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
4 lb. 8 oz. 4 oz. 1-1/4 oz. . 10 oz.	1 gal., sifted 2 cups. 2/3 cup. 2-1/2 tbsp. 1-1/4 cups.	All-purpose flour. Nonfat dry milk .. Baking powder ... Salt. Sugar	1. Sift ingredients together 3 times or blend 15 minutes in mixer on low speed, using the whip. 2. Store in a tightly covered container in a cool place until needed. YIELD: 5 pounds 8 ounces (4-1/2 quarts).
PLAIN MUFFINS (using muffin mix)				
12 oz. 5 lb. 8 oz.	1-1/2 cups. 1-1/2 cups (8) 1-1/4 qt. . 4-1/2 qt., sifted	Melted shortening Eggs, beaten Water Muffin mix	3. Combine shortening with eggs, then add the water. 4. Add to muffin mix. Stir only until dry ingredients are moist and the mixture has a rough appearance. 5. Using a No. 24 scoop (2-2/3 tbsp), portion into greased muffin pans. 6. Bake at 425° F. (hot) 15 minutes.

PORTION: 1 muffin.

(over)

MUFFINS--Continued

VARIATIONS

1. BLUEBERRY MUFFINS: Add 2 cups raw or drained canned blueberries with the shortening mixture.
2. DATE MUFFINS: Add 1 pound (2-1/3 cups) chopped dates to the muffin mix.
3. RAISIN MUFFINS: Add 10 ounces (2 cups) raisins to the muffin mix.

PEANUT BUTTER MUFFINS

Breads and Cereal Products B-8

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb.	3 qt., sifted	All-purpose flour.	1. Sift dry ingredients together.
12 oz.	1-1/2 cups	Sugar	2. Cut or rub peanut butter into dry ingredients until mixture is granular.
3 oz.	1/2 cup...	Baking powder	
1-1/2 oz. .	3 tbsp.	Salt	
3 oz.	3/4 cup...	Dried whole egg	
5 oz.	1-1/4 cups	Nonfat dry milk	
2 lb. 4 oz..	1 qt.	Peanut butter....	
.....	1 qt.	Water	3. Add water and shortening. Stir only until dry ingredients are moist and the mixture has a rough appearance.
8 oz.	1 cup.	Melted shortening	4. Portion with a No. 24 scoop (2-2/3 tablespoons) into greased muffin pans.
				5. Bake at 400° F. (hot) about 15 minutes.

PORTION: 1 muffin.

VARIATION

1. PEANUT BUTTER-CORNMEAL MUFFINS: Use only 2 pounds (2 quarts sifted) all-purpose flour and add 1 pound (3 cups) cornmeal. Increase baking powder to 4 ounces (2/3 cup).

ROLLS

Breads and Cereal Products B-9

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	12-loaf batch	Bread recipe (card B-10, or B-11)	<ol style="list-style-type: none"> 1. Follow directions given in the bread recipe through step 6. 2. Punch dough down. Cut or "pinch off" 200 small rolls (about 1 ounce or 1-1/4 inches in diameter). Shape and place in 2 lightly greased sheet pans (15 by 24 by 1 inch). Grease tops lightly, if desired. 3. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1 hour). 4. Bake at 400° F. (hot) 12 to 15 minutes.

PORTION: 2 rolls, 1 ounce each.

VARIATION

BROWN AND SERVE ROLLS: Follow directions as above through step 3. Bake the rolls at 250° F. (slow) 30 minutes. They may then be held several hours at room temperature or refrigerated until the next day. To brown, bake at 425° F. (hot) about 7 minutes.

WHEAT BREAD

Breads and Cereal Products B-10

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	8 cakes ... <u>or</u>	Compressed yeast.	<p>MIXER METHOD (See Note, "To Mix by Hand")</p> <p>1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes.</p>
.....	8 packages	Active dry yeast	
.....	2-1/4 qt...	Lukewarm water..	
About 3 lb. 8 oz.	About 3-1/2 qt., sifted	All-purpose flour..	2. Sift dry ingredients, saving out 1 quart of the white flour. Add dry ingredients with the shortening to the yeast mixture.
3 lb. .8 oz..	3-1/4 qt...	Whole-wheat flour.	<p>3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth and elastic and leaves the sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough.</p> <p>4. Form dough into a smooth ball.</p> <p>Place in a greased bowl and turn dough to grease top.</p> <p>5. Cover and let rise in a warm place (about 85°F.) until increased 2 to 3 times in volume (about 1-1/4 hours).</p>
7 oz.....	1-3/4 cups	Nonfat dry milk...	
7 oz.....	7/8 cup ...	Sugar.....	
3 oz.....	1/3 cup ...	Salt	
7 oz.....	7/8 cup ...	Shortening	

WHEAT BREAD--Continued

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
				<p>6. Punch down. Cut into 12 equal portions. Form each portion into a ball, cover, and let rest on table top for about 15 minutes.</p> <p>7. Shape into loaves and place in lightly greased pans (3-1/2 by 9 by 2-1/2 inches or 2-1/2 by 4 by 8 inches).</p> <p>8. Let rise in a warm place (about 85°F.) until increased 2 to 2-1/2 times in volume (about 1-1/2 hours).</p> <p>9. Bake at 400°F. (hot) 35 to 40 minutes. A small pan of water placed in the oven gives a tender crust.</p>

YIELD: 12 1-pound loaves.
PORTION: 2 slices.

NOTE: To Mix by Hand

Use the following procedure in place of steps 2 and 3:

Sift dry ingredients, saving out 1 quart of white flour. Melt shortening. Place about two-thirds of the dry ingredients on top of yeast mixture. Mix slightly. Add melted shortening and beat until smooth. Add remaining dry ingredients and mix well. If dough is very soft and sticky, gradually add enough saved-out flour to form a soft dough. Knead on a floured board until dough is smooth, satiny, and elastic.

WHITE BREAD

Breads and Cereal Products B-11

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	8 cakes.....	Compressed yeast <u>or</u>	<p><u>Mixer Method</u> (See Note, "To Mix by Hand")</p> <p>1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes. Cool milk to lukewarm and add to yeast and water mixture.</p> <p>2. Sift dry ingredients, saving out 1 quart of flour. Add dry ingredients with shortening to yeast mixture.</p> <p>3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth, and elastic and leaves sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough.</p> <p>4. Form dough into a smooth ball. Place in a greased bowl and turn dough to grease top.</p> <p>5. Cover and let rise in a warm place (about 85° F.) until increased 2 to 3 times in volume (about 1-1/4 hours).</p>
.....	8 packages <u>or</u> 3 cups.....	Active dry yeast..	
.....	1-1/2 qt. ..	Lukewarm water..	
.....		Scalded milk.....	
.....			
About 7 lb. 4 oz.	About 7-1/4 qt., sifted	All-purpose flour	
9 oz.	1-1/8 cups	Sugar.....	
3 oz.	1/3 cup....	Salt.....	
9 oz.	1-1/8 cups	Shortening	

WHITE BREAD--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				<p>6. Punch down. Cut into 12 equal portions. Form each portion into a ball, cover, and let rest on table top for about 15 minutes.</p> <p>7. Shape into loaves and place in lightly greased pans (3-1/2 by 9 by 2-1/2 inches or 2-1/2 by 4 by 8 inches).</p> <p>8. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1-1/2 hrs.).</p> <p>9. Bake at 400° F. (hot) 35 to 40 minutes. A small pan of water placed in the oven gives a tender crust.</p>

YIELD: 12 1-pound loaves.
PORTION: 2 slices.

NOTE: TO MIX BY HAND--Use following procedure in place of Steps 2 and 3:

Sift dry ingredients, saving out 1 quart of flour. Melt shortening. Place about two-thirds of the dry ingredients on top of yeast mixture. Mix slightly. Add melted shortening and beat until smooth. Add remaining ingredients and mix well. If dough is very soft and sticky, gradually add enough saved-out flour to form a soft dough. Knead on floured board until dough is smooth, satiny, and elastic.

VARIATION

1. **RAISIN BREAD:** Double the quantity of yeast in the recipe. Use 3 pounds 2 ounces (2-1/2 quarts) seedless raisins. Wash and drain the raisins. Follow directions for mixing the bread. Add raisins to dough just before kneading. Yield: twelve 1-1/4 pound loaves.

WHITE RICE

Breads and Cereal Products B-12

Method	Ingredients	2 quarts cooked rice	100 portions 1/4 cup each	100 portions 1/2 cup each	Directions
Saucepan or stockpot	Boiling water Rice Salt Fat or oil (optional, reduces foaming)	4-1/2 cups 1 lb. (2-1/4 cups) 1 tsp. 1 tsp.	3 qt. 3 lb (6-3/4 cups) 1 tbsp. 1 tbsp.	1-1/2 gal. 6 lb. (3-1/4 qt.) 2 tbsp. 2 tbsp.	1. To boiling water add rice, salt, and fat or oil. Stir and cover. Use 2 pans for cooking 100 portions. 2. Cook on low heat about 15 minutes. 3. Remove from heat and let stand covered for 5 to 10 minutes.
Oven	Boiling water (other in- gredients as above)	5-1/2 cups	4 qt.	2 gal.	1. As above. 2. Cook in covered pan at 350°F. (moderate) about 35 minutes.
Steamer	Boiling water (other in- gredients as above)	4 cups	3 qt.	1-1/2 gal.	1. As above. 2. Steam at 5 pounds pressure about 25 minutes.
Double boiler	Boiling water (other in- gredients as above)	7 cups	5 qt.	2-1/2 gal.	1. As above. 2. Cook over boiling water about 35 minutes.



TO THAW

Thaw 10-pound cans of fruit at room temperature for 16 to 18 hours, or in a refrigerator for 36 hours. For 30-pound cans, allow 30 hours at room temperature or 60 hours in a refrigerator.

TO PREPARE FRUITS FOR DESSERT

1. Drain juice from the thawed fruit.
2. Add no sugar if fruit is packed in heavy sirup. Add 1 pound 6 ounces of sugar to the juice from each 10 pounds of fruit if not packed in heavy sirup.
3. Heat the juice to boiling. Add fruit and reheat to boiling. Cook only enough to heat the fruit and prevent discoloration (see timetable below).

Time table for cooking frozen fruits

Fruit	Cooking time for 10-pound lots
Apple slices, peach halves, peach slices, rhubarb	2 minutes
Apricots	3 minutes
Blackberries, blueberries, cherries	1 minute

THAWING AND PREPARING FROZEN FRUITS---Continued

TO PREPARE FRUIT FILLINGS FOR PIES AND COBBLERS

1. Use any recipe for pie or cobbler made with fresh or canned fruit, making allowance for sugar in which frozen fruit is packed.
2. Drain juice from the thawed fruit.
3. To the fruit juice add sugar which has been mixed with the thickening agent (cornstarch, flour, or tapioca).
4. Heat, stirring constantly, until juice thickens and starch is cooked (about 15 minutes).
5. Remove from the heat. Pour over drained fruit.

APPLE CRISP

Fruits and Other Desserts C-2

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
15 lb.....	3 gal. 2-1/2 qt.	Sliced pared apples	1. Arrange apples in 4 greased pans (12 by 16 by 3 inches).
.....	1/3 cup ..	Lemon juice.....	2. Blend lemon juice and water; pour over apples.
.....	2 cups....	Water	
6 lb.....	3 qt. 1-3/4 cups, packed	Brown sugar	3. For the topping, combine sugar, dry milk, flour, oats, cinnamon, and salt. Work in butter or margarine to form a crumbly mixture.
1 lb.....	1 qt	Nonfat dry milk..	4. Cover apples with topping and pat down firmly.
1 lb. 8 oz..	1-1/2 qt., sifted	All-purpose flour	5. Bake at 350° F. (moderate) 30 to 40 minutes or until apples are tender.
12 oz.....	1 qt.....	Rolled oats	
.....	2-2/3 tbsps	Cinnamon	
.....	2 tsp	Salt	
2 lbs. 8 oz.	1-1/4 qt..	Butter or margarine	

PORTION: About 1/3 cup--provides 1/4 cup fruit.

VARIATION

CHEESE-APPLE CRISP: Mix 3 pounds 2 ounces (3-quarts 1/2 cup) grated cheese with the topping ingredients; decrease butter or margarine to 2 pounds (1 quart). One portion provides 1 ounce cheese and 1/4 cup fruit.



100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
3 lb. 12 oz.	1-1/2 qt.,.. 3 cups, sifted	Sugar..... All-purpose flour.	1. Mix sugar, flour, cinnamon, nutmeg, salt, and apples together in a bowl.
..... 24 lb. 6 oz.	2-1/2 tbsp. 1-1/3 tbsp. 1-1/2 tsp.. 6 gal.	Cinnamon..... Nutmeg..... Salt..... Sliced pared tart apples	
1 lb. 2 oz. 2 oz.	1-1/2 cups 1/4 cup ...	Honey..... Melted butter or margarine	2. Combine honey and butter or margarine with the apple mixture.
.....	Pastray for 15 double crust pies (card C-20)	3. Pour mixture into 9-inch pie shells, 1-1/2 quarts or 1 pound 14 ounces per pie. Cover with top crust, sealing well on edges.
				4. Bake at 400° F. (hot) 1 hour.

PORTION: 1/7 pie--provides about 1/3 cup fruit.

VARIATIONS

1. PLUM PIE: Use Italian or prune plums in place of apples. One portion provides about 1/3 cup fruit.
2. FRENCH-APPLE PIE: Use only 20 pounds (5 gallons) of sliced apples and add 4 pounds 6 ounces (3-1/2 quarts) of raisins. One portion provides about 1/3 cup fruit.



BAKED CUSTARD

Fruits and Other Desserts (protein-rich)C-4

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
.....	2-1/2 qt. (50)	Eggs.....	1. Beat together the eggs, sugar, salt, and vanilla.
2 lb. 4 oz.	4-1/2 cups	Sugar	2. Pour hot milk into egg mixture and mix well.
1/2 oz.....	1 tbsp....	Salt.....	3. Pour 1/2 cup custard mixture into each baking cup, or pour mixture into 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), about 3 quarts per pan. Set in pans of hot water.
2 oz.....	1/4 cup..	Vanilla.....	4. Bake at 350° F. (moderate) 25 to 35 minutes or until custard is set.
.....	2-1/4 gal.	Hot milk	

PORTION: 1/2 cup--provides 1/2 egg.

VARIATIONS

- 1. CARAMEL CUSTARD: Melt 1 pound of the sugar in a heavy fry pan until golden brown, and add to the hot milk. One portion provides 1/2 egg.
- 2. CHOCOLATE CUSTARD: Add 12 ounces cocoa to sugar. One portion provides 1/2 egg.

BAKED RICE CUSTARD

Fruits and Other Desserts (protein-rich) C-5

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	2-1/2 qt. (50)	Eggs.....	1. Beat eggs; add sugar, salt, and cinnamon. Blend.
2 lb. 4 oz. 1/2 oz.	4-1/2 cups 1 tbsp.	Sugar..... Salt.....	
.....	1-1/3 tbsp.	Cinnamon.....	
.....	1-3/4 gal.	Hot milk	2. Pour hot milk into the egg mixture, then combine all ingredients. 3. Pour into 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), 3 quarts per pan. Set in pans of hot water. 4. Bake at 350° F. (moderate) about 35 minutes or until custard is set.
.....	2 tbsp.	Vanilla.....	
3 lb.	2 qt.	Cooked rice (card B-12)	
1 lb. 4 oz.	1 qt.	Raisins	

PORTION: 1/2 cup--provides 1/2 egg.



BREAD PUDDING

Fruits and Other Desserts C-6

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	1-1/2 qt.. 1/2 cup (32)	Eggs.....	1. Beat eggs. Add the sugar, salt, and vanilla. Blend.
2 lb. 8 oz 2 oz.....	1-1/4 qt.. 1/4 cup 6 tbsp.	Sugar..... Salt..... Vanilla.....	
4 oz.....	1/2 cup ...	Butter or margarine Hot milk	
.....	2 gals.....			2. Add butter or margarine to hot milk. Pour milk into egg mixture.
.....	2-1/4 gal...	Dry bread cubes	3. Place bread cubes in 3 greased baking pans (12 by 16 by 3 inches). Pour custard mixture over bread. 4. Set in pans of hot water and bake at 350° F. (moderate) 45 to 55 minutes or until set. 5. Serve with apricot sauce (card H-1).

PORTION: 1/2 cup.

(over)

VARIATIONS

1. CHOCOLATE BREAD PUDDING: Use 12 ounces (3 cups) cocoa, or 1 pound 2 ounces melted chocolate, and add 8 ounces (1 cup) of sugar.
2. CARAMEL BREAD PUDDING: In place of 1 pound of the sugar in recipe above, use 1 pound (2 cups) sugar which has been melted in a heavy fry pan until golden brown. Add to the hot milk mixture.

BROWNIES

Fruits and Other Desserts C-7

BROWNIE MIX

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb.	2 qt., sifted	All-purpose flour	1. Sift ingredients together three times or blend 15 minutes in mixer at low speed, using the whip.
12 oz.	3 cups.....	Nonfat dry milk	2. Store in a tightly covered container in a cool place until needed.
4 lb.	2 qt.	Sugar.....	
8 oz.	2 cups.....	Cocoa	
1 oz.	3 tbsp. ...	Baking powder	
1 oz.	2 tbsp. ...	Salt	YIELD: 7 pounds 5 ounces (4-3/4 quarts).

BROWNIES (using brownie mix)				
7 lb. 5 oz.	4-3/4 qt., sifted	Brownie mix	3. To brownie mix add water, vanilla, and butter or margarine.
.....	3 cups.....	Water	
1 oz.	2 tbsp.	Vanilla	
1 lb. 8oz. .	3 cups.....	Melted butter or margarine	
.....	2-1/2 cups (12)	Eggs, beaten.....	
1 lb.	Chopped nuts or raisins	4. Mix in nuts or raisins. 5. Bake in 2 greased sheet pans (16 by 25 by 1 inch) at 350° F. (moderate) about 30 minutes.

PORTION: 1 piece (3 by 3-1/2 by 1/2 inch).

VARIATION

1. CHOCOLATE COOKIES: Reduce water to 1/2 cup. Portion with a No. 40 scoop (1-3/5 table-spoons). Bake at 375° F. (moderate) 12 minutes. Portion: 2 cookies.

BUTTERSCOTCH ICING

Fruits and Other Desserts C-8

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
2 lb. 10 oz.	1-1/2 qt., packed	Brown sugar.....	1. Combine brown sugar and butter or margarine in a heavy saucepan. Cook until brown sugar is melted, stirring constantly.
8 oz.	1 cup.....	Butter or margarine	
.....	2 cups.....	Milk.....	2. Remove from heat and add milk, stirring constantly.
				3. Return to heat and boil 3 minutes. Cool about 15 minutes.
2 lb. 10 oz.	2-1/2 qt., sifted	Confectioner's sugar	4. Beat in confectioner's sugar. If icing is too thick use milk to thin to spreading consistency.

YIELD: 2 quarts.

CHERRY COBBLER

Fruits and Other Desserts C-9

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
6 lb. 12 oz.	3 qt. 3 cups, sifted 2 tbsp. .. 1 gal. ...	Sugar..... All-purpose flour Cinnamon..... Hot cherry liquid	1. Mix dry ingredients and stir into cherry liquid. Cook until thickened, stirring constantly.
18 lb. 12 oz.	3 gal. 2 cups	Drained cherries	2. Add cherries to the sauce. Pour in- to 4 baking pans (12 by 18 by 2 inches), about 3-1/2 quarts or 8 pounds per pan.
.....	Drop biscuit dough (card B-1) <u>or</u> Pastry (card C-20, recipe for 15 single crusts)	3. Top with drop biscuits or cover with pastry. Portion biscuit dough with a No. 24 scoop (2-2/3 table- spoons) rounded. 4. Bake at 375° F. (moderate) about 35 minutes.

PORTION: 1/2 cup plus biscuit--provides 1/2 cup fruit.

VARIATIONS

- 1. BLUEBERRY OR PEACH COBBLER: Use 3 gallons 2 cups blueberries or sliced peaches in place of cherries. Lemon juice may be used in place of cinnamon. One portion provides 1/2 cup fruit.
- 2. PLUM COBBLER: Use 3 gallons 2 cups prune plums in place of cherries. One portion provides 1/2 cup fruit.

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
2 lb. 8 oz.	1-1/4 qt. . .	Butter or margarine	1. Cream butter or margarine, sugar, salt, and vanilla.
4 lb. 3/4 oz.	2 qt. 1-1/2 tbsp. 2 tbsp.	Sugar..... Salt Vanilla	
6 lb.....	3 qt.	Mashed potatoes..	2. Add lukewarm potatoes; cream until smooth.
.....	3-1/4 cups (16)	Eggs	3. Blend in eggs.
2 lb. 8 oz. 10 oz. 5 oz.	2-1/2 qt., sifted 2-1/2 cups 1 cup less 2 tbsp. 1 cup.....	All-purpose flour Cocoa Baking powder... Milk	4. Sift flour, cocoa, and baking powder. Add alternately with milk to the potato mixture; mix only until smooth. (Batter is very thick.) 5. Spread in 2 sheet pans (16 by 25 by 1 inch). 6. Bake at 350° F. (moderate) about 35 minutes.

PORTION: 1 piece (2-1/2 by 3 inches).

CORNSTARCH PUDDING

Fruits and Other Desserts C-11

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 5 oz.	1 qt. 2/3 cup	Cornstarch	1. Blend cornstarch, sugar, and salt with the water.
2 lb. 8 oz.	1-1/4 qt. .	Sugar	
1/2 oz. ...	1 tbsp. ...	Salt	
.....	4-1/2 cups	Water	2. Heat milk over hot water, add cornstarch mixture, and cook until thickened, stirring constantly. 3. Cover and continue cooking 25 minutes, stirring occasionally. Remove from heat.
.....	2 gal. 2-1/2 qt.	Milk.....	
.....	3 cups (14)	Eggs, slightly beaten	
3 oz.	1/3 cup....	Vanilla	4. Beat about 1 quart of hot mixture into the eggs. Blend slowly into remaining hot mixture. 5. Cook over hot water about 5 minutes, continuing to stir. Remove from heat. Blend in vanilla. 6. Cool quickly, stirring occasionally.

PORTION: 1/2 cup.

(over)

CORNSTARCH PUDDING--Continued

VARIATIONS

1. TAPIOCA PUDDING: Use 2 pounds of granulated tapioca in place of cornstarch.
2. COCONUT PUDDING: Add 1 pound 4 ounces (1 quart 2-1/2 cups) shredded coconut after cooking.
3. CHOCOLATE PUDDING: Add 12 ounces melted chocolate.

CREAM PIE

Fruits and Other Desserts C-12

100 Portions		Ingredients	For— Portions	Directions
Weights	Measures			
1 lb. 5 oz.	1 qt. 2/3 cup	Cornstarch.....	1. Blend cornstarch, sugar, and salt with water.
2 lb. 10 oz.	1-1/4 qt...	Sugar.....	
1/2 oz. ...	1 tbsp.....	Salt	
.....	4-1/2 cups	Water	
.....	2 gal. 2-1/2 qt.	Milk	2. Heat milk over hot water, add cornstarch mixture and cook until thickened, stirring constantly.
.....	2 cups (28)	Egg yolks, slightly beaten	3. Cover and continue cooking 25 minutes, stirring occasionally.
.....				4. Remove from heat and beat about 1 quart of hot mixture into the egg yolks. Blend slowly into remaining hot mixture.
.....				5. Cook over hot water about 5 minutes, continuing to stir. Remove from heat.
3 oz.	1/3 cup ...	Vanilla	6. Blend in vanilla.
.....	15.....	Baked 9-inch pastry shells (card C-20)	7. Pour mixture into baked pastry shells, 3 cups per pie. Cool.
.....	Meringue (card C-17)	8. Top with meringue. Bake at 350° F. (moderate) 12 minutes or until meringue is firm and brown.

PORTION: 1/7 pie

(over)

CREAM PIE --Continued

VARIATIONS

1. COCONUT CREAM PIE: Add 1 pound shredded coconut to filling.
2. BANANA CREAM PIE: Slice 1 medium-sized banana in each baked shell before adding filling.
3. CHOCOLATE CREAM PIE: Add 12 ounces melted chocolate to filling.

DATE-PEANUT BUTTER PUDDING

Fruits and Other Desserts (protein-rich) C-13

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
5 lb. 8 oz. 2 qt.	Pitted dates, ground Water.....	1. Cook dates in the water until soft.
.....	2-2/3 doz.	Oranges	2. Peel and section oranges, dicing the sections.
2 lb. 4 oz.	1-1/2 qt. . 1-1/2 qt. .	Lemon flavored gelatin Boiling water.....	3. Dissolve gelatin in boiling water. Cool.
7 lb. 2 oz.	3 qt. 1/2 cup 3 qt.	Peanut butter Evaporated milk, undiluted Salt	4. Blend the peanut butter and cooked dates. Gradually add the milk. 5. Combine with the dissolved gelatin, salt, lemon juice, and diced oranges. 6. Turn into pans and chill.
1/2 oz....	1 tbsp.... 3/4 cup...	Salt	

PORTION: 2/3 cup--provides 2 tablespoons peanut butter.

VARIATION

1. PRUNE-PEANUT BUTTER PUDDING: Use 3 quarts finely ground cooked prunes in place of dates. One portion provides 2 tablespoons peanut butter.

DRIED FRUIT CONFECTION

Fruits and Other Desserts C-14

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb. 8 oz.	About 1-1/2 qt.	Dried figs or apricots or a combination	1. Snip off stems of figs. Wash the fruit, grind together, using fine grinder.
1 lb.4 oz...	1 qt.	Seedless raisins..	2. Combine all ingredients, mixing thoroughly.
8 oz.	2 cups.....	Chopped nuts	3. Press into 2 greased pans (8 by 12 by 2 inches) and chill, preferably overnight.
.....	1 tsp.	Salt	
8 oz.	1 cup	Sugar	
.....	Coconut, graham cracker crumbs, or cornflakes	4. Cut in 100 pieces and roll each piece in coconut, fine graham cracker crumbs, or crushed cornflakes.

PORTION: 1 piece (3/4 ounce).

FRUIT BETTY

Fruits and Other Desserts C-15

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
3 lb..... 1-1/4 oz	1-1/2 qt... 1/3 cup ... 1-1/3 tbsp.	Sugar..... Cinnamon..... Salt	1. Mix sugar, cinnamon, and salt together.
18 lb.....	Sliced apples, peaches, apricots, or blueberries Dry coarse bread crumbs	2. Place a layer of fruit in each of 4 greased baking pans (10-1/2 by 16-1/2 by 2-1/2 inches). Sprinkle with the sugar mixture, and add a layer of crumbs. Repeat until all ingredients are used.
1 lb. 8 oz .	3 cups	Melted butter or margarine	3. Pour melted butter or margarine over the top. Add 1-1/2 cups of water to each pan.
.....	1-1/2 qt...	Water	4. Bake at 350° F. (moderate) 45 minutes to 1 hour. 5. Serve with cream or a sweet sauce.

PORTION: 1/2 cup--provides about 1/4 cup fruit.

GINGERBREAD

Fruits and Other Desserts C-16

GINGERBREAD MIX

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
3 lb. 12 oz.	3-3/4 qt., sifted	All-purpose flour.	1. Sift ingredients together 3 times or blend 15 minutes in mixer at low speed, using the whip.
1 lb. 4 oz.	1-1/4 qt..	Nonfat dry milk	2. Store in a tightly covered container in a cool place until needed.
.....	1-2/3 tbsp.	Soda	YIELD: 7 pounds 6 ounces (1 gallon 1-1/2 quarts).
2 oz.	1/3 cup...	Baking powder...	
.....	2-1/2 tsp.	Salt	
2 lb.	1 qt.	Sugar	
3/4 oz.	1/4 cup...	Ginger	
.....	1-2/3 tbsp.	Cinnamon	
.....	1 tsp.	Cloves	
GINGERBREAD (using gingerbread mix)				
2 lb.	1 qt.	Shortening	3. Melt shortening in boiling water. Add molasses and then eggs. Blend well.
.....	1-1/4 qt. .	Boiling water.....	4. Add slowly to dry mix, beating until smooth after each addition.
5 lb. 10 oz.	2 qt.	Molasses	5. Bake in 2 greased sheet pans (16 by 25 by 1 inch) at 350° F. (moderate) about 30 minutes.
.....	2 cups (10)	Eggs, beaten.....	
7 lb. 6 oz..	1 gal., 1-1/2 qt.	Gingerbread mix..	

PORTION: 1 piece (3 by 2-1/2 by 1-1/2 inches).

MERINGUE FOR PIE

Fruits and Other Desserts C-17

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	1 qt. (28) .. 1/2 tsp.	Egg whites Salt.....	1. Beat egg whites and salt in mixer on second speed or with a fine wire whip until whites are stiff but not dry.
1 lb.12 oz..	3-1/2 cups	Sugar	2. Gradually add sugar, beating until well blended.

YIELD: Meringue for 15 9-inch pies.

OATMEAL COOKIES

Fruits and Other Desserts C-18

100 Portions		Ingredients	For— Portions	Directions
Weights	Measures			
1 lb. 10 oz. 1 lb. 10 oz.	3-1/4 cups 3-1/4 cups	Shortening Sugar	1. Cream shortening and sugar.
.....	1 cup (5) ...	Eggs	2. Add eggs and beat until well blended.
2 lb.	2 qt., sifted	All-purpose flour	3. Sift flour, salt, soda, and spices together.
3/4 oz.	1-1/2 tbsp. 2-1/2 tsp.. 1-1/3 tbsp. 2 tsp. 1 tsp.	Salt Soda Cinnamon..... Cloves Nutmeg	
..... 1 lb. 6 oz. 1 lb. 12 oz.	1 qt..... 5-1/2 cups 3 cups..... 3 cups	Sour milk..... Rolled oats Raisins..... Chopped nuts, if desired	4. Add sifted ingredients to creamed mixture alternately with the milk. Mix in the rolled oats, raisins, and nuts. 5. Using a teaspoon to portion the dough, place cookies 1 inch apart on greased baking sheets (15 by 24 by 1 inch). 6. Bake at 400° F. (hot) about 12 to 15 minutes.

PORTION: 2 cookies.

ORANGE-COCOONUT CUSTARD

Fruits and Other Desserts (protein-rich) C-19

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
8 oz.	2 cups	Unflavored gelatin	1. Soak gelatin in cold milk.
.....	1 qt.	Cold milk	
.....	1-1/2 qt. ..	Eggs	2. Beat eggs, cornstarch, and sugar until well blended.
.....	1/2 cup (32)			
4 oz.	3/4 cup	Cornstarch	
8 lb.	1 gal.	Sugar	
.....	2 gal.	Hot milk	3. Gradually add hot milk to egg mixture. Cook in a double boiler, stirring constantly until thickened.
				4. Add gelatin to hot custard, stirring until gelatin is dissolved. Cool.
2 lb. 4 oz.	4-1/2 cups	Cottage cheese	5. Beat cottage cheese, lemon juice, orange rind, vanilla, and coconut until well blended. Fold into custard and mix well. Pour into pans to set.
.....	1 cup	Lemon juice	6. Chill. Garnish with toasted coconut or cherries, if desired.
.....	1-2/3 tbsps.	Grated orange rind	
.....	1/4 cup	Vanilla	
12 oz.	1 qt.	Shredded coconut, chopped	

PORTION: About 1/2 cup--provides the equivalent of 1 ounce protein-rich food.

PASTRY FOR PIE

Fruits and Other Desserts C-20

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
15 SINGLE CRUSTS				
3 lb. 3/4 oz.	3 qt., sifted 1-1/2 tbsp.	All-purpose flour Salt	1. Sift flour and salt together or blend in mixer.
2 lb. 4 oz.	4-1/2 cups	Shortening	2. Cut or rub in shortening until mixture is granular.
.....	2 cups.....	Cold water	3. Add water and mix. 4. Roll out on lightly floured board, using about 7 ounces of dough per shell. 5. Line 9-inch pie pans with pastry. 6. Bake pastry shells at 400° F. (hot) 15 minutes.
15 DOUBLE CRUSTS				
6 lb. 1-1/2 oz. 4 lb. 8 oz.	1-1/2 gal., sifted 3 tbsp. 2-1/4 qt. .. 1 qt.	All-purpose flour Salt .. Shortening .. Cold water	1. Prepare as above. 2. Bake as required for pie filling.

PEACH-RICE CREAM

Fruits and Other Desserts C-21

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	2 qt.	Chilled heavy cream or evaporated milk	1. Chill bowl and beater. Whip cream or evaporated milk until stiff. 2. Combine with peaches, sugar, rice, and vanilla. 3. Chill thoroughly before serving.
8 lb.	1 gal.	Diced canned peaches, well drained	
4 lb.	2 qt.	Sugar.....	
9 lb.	1-1/2 gal.	Cold cooked rice (card B-12)	
.....	3 tbsp.	Vanilla	

PORTION: 1/2 cup (4 ounces).

VARIATION

1. PINEAPPLE-RICE CREAM: Use 8 pounds canned shredded pineapple in place of peaches.

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	1. Sift together the flour, ginger, cloves, cinnamon, soda, and salt.
.....	2 tsp.	Ginger	
.....	1 tsp.	Cloves	
.....	2 tsp.	Cinnamon.....	
.....	1-1/3 tbsp.	Baking soda	
.....	2 tsp.	Salt	
1 lb. 5 lb. 5 oz.	2 cups 2-1/4 qt.	Shortening Peanut butter	2. Cream shortening and peanut butter until smooth.
2 lb. 4 oz.	1-1/4 qt., packed	Brown sugar	3. Add brown sugar gradually and mix well.
.....	2-2/3 cups (13)	Eggs	4. Beat in the eggs and milk.
.....	1 cup	Milk	5. Stir in the sifted dry ingredients.
1 lb. 8 oz.	1-1/4 qt....	Chopped raisins	6. Add raisins and vanilla.
.....	1-1/3 tbsp.	Vanilla	7. Using a No. 40 scoop (1-3/5 table- spoons), place on ungreased baking sheets (16 by 25 by 1 inch). Press each cooky flat with a fork.
				8. Bake at 350° F. (moderate) 10 min- utes.

PORTION: 1-1/2 ounces (2 cookies)--provides the equivalent of 1 ounce protein-rich food.

PINEAPPLE UPSIDE-DOWN CAKE

Fruits and Other Desserts C-23

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 4 oz..	2-1/2 cups.	Melted butter or margarine	1. Into each of 4 baking pans (12 by 18 by 2 inches) pour 5 ounces (scant 2/3 cup) butter or margarine and sprinkle 12 ounces (1-3/4 cups, packed) brown sugar over it. Spread 1 pound 7 ounces (2-1/4 cups) pineapple over the sugar mixture.
3 lb.....	1-3/4 qt., packed	Brown sugar	
5 lb. 12 oz.	2-1/4 qt....	Crushed pineapple, drained	
2 lb. 4 oz..	2-1/2 qt., sifted	Cake flour.....	2. Sift the flour and baking powder together 3 times.
1-1/4 oz..	3-1/3 tbsp..	Baking powder....	
.....	1-1/4 qt. (25)	Eggs.....	3. Beat eggs about 10 minutes (or 5 minutes in mixer at medium speed) until very thick and light.
5 lb.	2-1/2 qt....	Sugar.....	4. Add sugar gradually, beating until well blended, then add lemon juice.
.....	1/3 cup	Lemon juice.....	5. Fold in flour mixture gradually.
.....	1 qt.....	Hot milk.....	6. Add milk and mix quickly until the batter is smooth (about 1 minute in mixer at medium speed). (continued on back)

PINEAPPLE UPSIDE-DOWN CAKE--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				7. Pour batter over the fruit, 1-3/4 quarts or 2 pounds per pan. 8. Bake at 350° F. (moderate) 45 minutes. 9. Remove from oven, let stand a few minutes, then invert. Remove cake from pans while still warm.

PORTION: 1 piece (2-1/2 by 3 by 1-1/4 inches).

VARIATION

1. PEACH, APRICOT, OR CHERRY UPSIDE-DOWN CAKE: Use 5 pounds 12 ounces diced peaches, diced apricots, or chopped sour cherries in place of pineapple.

PLAIN CAKE

Fruits and Other Desserts C-24

PLAIN CAKE MIX

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
2 lb. 6 oz..	2 qt. 1-1/2 cups, sifted	All-purpose flour.	1. Sift ingredients together three times or blend 15 minutes in mixer at low speed, using the whip.
2 lb. 12 oz.	1 qt. 1-1/2 cups	Sugar.....	2. Store in a tightly covered container in a cool place until needed.
4 oz.....	1 cup.....	Nonfat dry milk...	YIELD: 5 pounds 8 ounces (3 quarts
1-3/4 oz..	4-2/3 tbsp..	Baking powder...	2-1/2 cups).
.....	2-1/2 tsp...	Salt	

(over)

PLAIN CAKE (using plain cake mix)

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
5 lb. 8 oz.	3 qt. 2-1/2 cups, sifted	Plain cake mix	3. Cut or rub shortening into cake mix.
1 lb. 6 oz.	2-3/4 cups.	Hydrogenated shortening	
.....	2 cups (10).	Eggs, beaten.....	4. Add eggs and half the water to which the vanilla has been added. Beat until thoroughly blended. 5. Add remaining water-vanilla mixture and beat 2 minutes longer. 6. Pour batter into 2 greased sheet pans (15 by 24 by 1 inch), 2-1/2 quarts or about 5 pounds per pan. 7. Bake at 350° F. (moderate) 25 to 30 minutes.
.....	1 qt.....	Water.....	
.....	3 tbsp.....	Vanilla	

PORTION: 1 piece (2-3/4 by 3 by 7/8 inches).

PLAIN COOKIES

Fruits and Other Desserts C-25

100 Portions		Ingredients	For— Portions	Directions
Weights	Measures			
1 lb. 8 oz.	3 cups.....	Butter or margarine	1. Cream butter or margarine and sugar.
2 lb.	1 qt.	Sugar	2. Add eggs and beat until well blended.
.....	1-2/3 cups (8)	Eggs	3. Add flour, baking powder, salt, and vanilla to the creamed mixture. Stir to mix.
2 lb. 4 oz.	2-1/4 qt., sifted	All-purpose flour	4. Using a No. 40 scoop (1-3/5 tablespoons) place cookies on a greased baking sheet (15 by 24 by 1 inch).
1-1/4 oz.	3-1/3 tbsp.	Baking powder	5. Bake at 375° F. (moderate) 10 to 12 minutes.
.....	2 tsp.	Salt	
1 oz.	2 tbsp.	Vanilla	

PORTION: 2 cookies.

VARIATIONS

1. RAISIN COOKIES: Add 1 pound 4 ounces (1 quart) seedless raisins with the flour mixture.
2. COCONUT COOKIES: Add 1 quart shredded coconut with the flour mixture.

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
6 lb. 6 oz.	3 qt. 3/4 cup	Coarsely chopped cooked prunes	1. Combine prunes, sugar, water, and orange rind. Cook over low heat about 10 minutes, or until thick, stirring frequently. 2. Cool and add nuts.
2 lb. 2 oz.	1 qt. 1/4 cup	Sugar.....	
.....	2-3/4 cups	Water or prune juice	
.....	1/4 cup.....	Grated orange rind	
13 oz.	3-1/4 cups	Chopped nuts.....	
1 lb.	1 qt., sifted	All-purpose flour	3. For crunch mixture, sift together the flour, salt, and soda. Mix in brown sugar and rolled oats. Cut or rub in butter or margarine. Stir in unbeaten egg whites.
.....	2 tsp.	Salt.....	
.....	1-1/3 tbsp.	Soda.....	4. Pack 2 cups crunch mixture in bottom of each of 4 greased baking pans (10-1/2 by 16-1/2 by 2-1/2 inches). Spread with 1 quart prune mixture. (continued on back)
1 lb. 14 oz.	1 qt. 1/4 cup,	Brown sugar.....	
	packed			
1 lb. 14 oz.	2 qt. 1/2 cup	Rolled oats.....	
1 lb. 6 oz.	2-3/4 cups	Butter or margarine	
.....	1 cup (8)....	Egg whites.....	

PRUNE CRUNCH--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				5. Cover with remaining crunch mixture, 2 cups per pan. 6. Bake at 350° F. (moderate) 40 minutes.

PORTION: 1 piece (2-1/2 by 2-3/4 by 3/8 inch).

VARIATION

1. FIG CRUNCH: Use figs in place of prunes.

PRUNE-SPICE CAKE

Fruits and Other Desserts C-27

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 8 oz.	3 cups	Hydrogenated shortening	1. Cream shortening and sugar.
3 lb.	1-1/2 qt. . .	Sugar	
.	2-1/2 cups (12)	Eggs	2. Add eggs and beat until light and fluffy.
4 lb.	2 qt.	Finely ground or chopped cooked prunes	3. Blend in prunes.
3 lb.	3 qt., sifted	All-purpose flour	4. Sift flour, soda, spices, and salt together 3 times. Add to creamed mixture alternately with sour milk.
.	3 tbsp.	Soda	5. Pour batter into 3 baking pans (12 by 18 by 2 inches), lined with paper and greased.
.	1/2 tsp. . . .	Nutmeg	6. Bake at 350° F. (moderate) about 45 minutes.
.	2 tbsp. . . .	Cinnamon	
.	2 tbsp. . . .	Cloves	
1 oz.	2 tbsp. . . .	Salt	
.	2-1/2 cups	Sour milk	

PORTION: 1 piece (2-1/2 by 2 by 1-3/4 inches).

STEAMED CRANBERRY PUDDING

Fruits and Other Desserts C-28

100 Portions		Ingredients	For— Portions	Directions
Weights	Measures			
6 lb. 4 lb. 1 oz. 3-1/4 oz.	1-1/2 gal.,, 1 gal. sifted 2 tbsp. 1 tbsp. 1 tbsp. 1 tbsp. 1/2 cup....	Cranberries..... All-purpose flour Salt Cinnamon..... Cloves Mace Soda	1. Coarsely chop the cranberries. Add flour, salt, spices, and soda.
..... 4 lb.	1 qt. 1-1/2 qt. ..	Hot water Molasses	

PORTION: 1 wedge 2-1/2 ounces (2 by 2-1/2 inches).

2. Combine hot water and molasses; blend with the first mixture.
3. Place in greased pound coffee cans, or loaf pans, cover and steam 2-1/2 hours. Serve with an orange sauce (card H-7) or whipped topping (card C-31).



STEWED DRIED PEACHES

Fruits and Other Desserts C-29

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
8 lb.	About 1-1/2 gal..... 2-1/2 gal..	Dried peaches.... Water	1. Wash peaches and cut in quarters. 2. Soak peaches in the water until plump, overnight if necessary.
1/2 oz.... 2 lb.	1 tbsp..... 1 qt..... 2	Salt..... Sugar Lemons, sliced, if desired	3. Add salt and simmer until peaches are tender (about 45 minutes). Add sugar and lemon slices during the last few minutes of cooking.

PORTION: 1/2 cup--provides 1/2 cup fruit and juice.

VARIATIONS

1. STEWED PRUNES: Use 9 pounds (about 1-3/4 gallons) dried prunes in place of peaches.
One portion provides 1/2 cup fruit and juice.
2. STEWED APRICOTS: Use 8 pounds (about 1-1/2 gallons) dried apricots in place of peaches. Omit lemon slices. One portion provides 1/2 cup fruit and juice.



VANILLA CREAM FROSTING

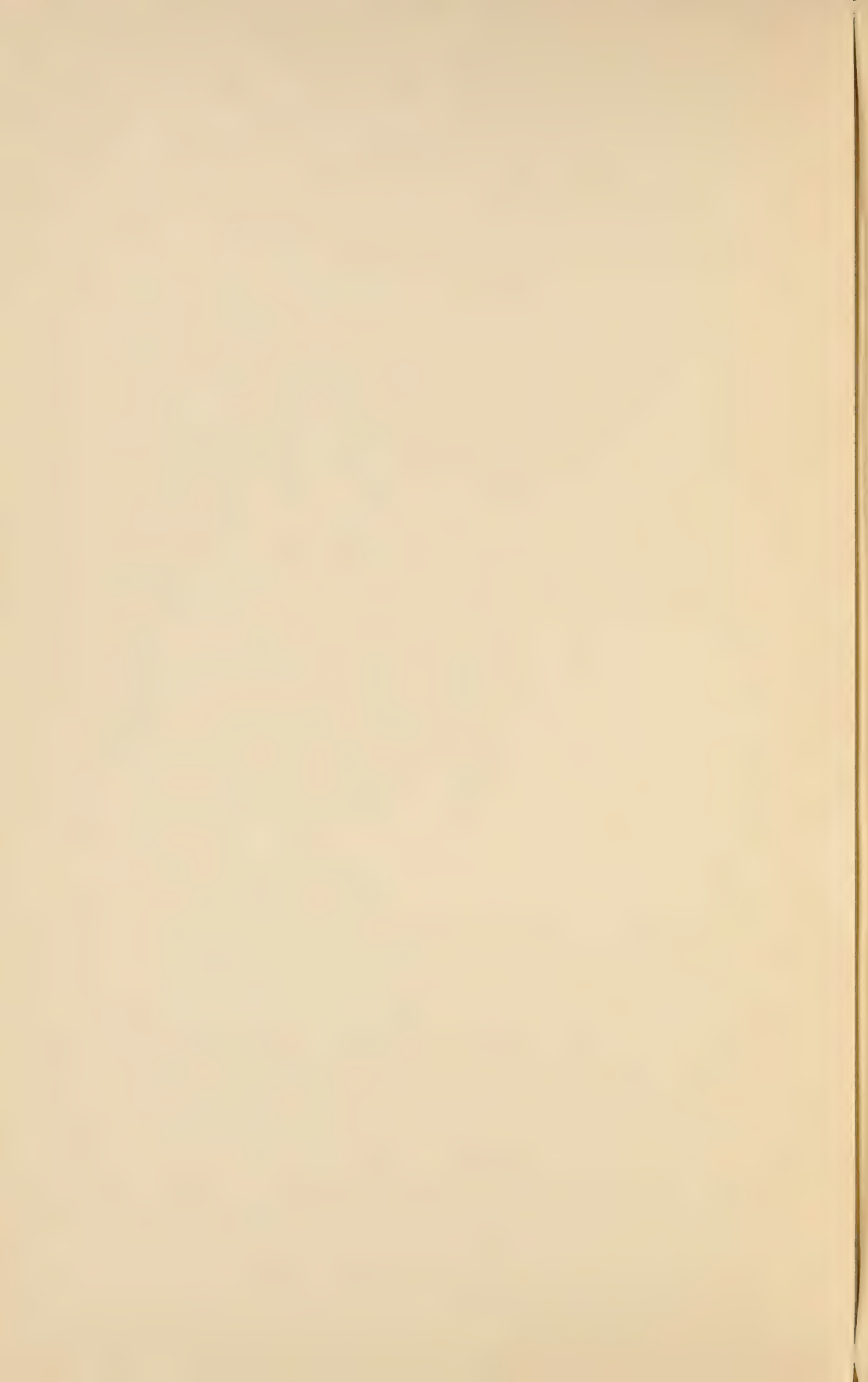
Fruits and Other Desserts C-30

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
12 oz.	1-1/2 cups	Butter or margarine	1. Cream butter or margarine until light and fluffy.
4 lb.	3-3/4 qt., sifted 1 cup	Confectioner's sugar Hot milk	2. Add confectioner's sugar and milk alternately. Beat well after each addition.
.....	1/2 tsp. ... 1/4 cup	Salt Vanilla	3. Blend in salt and vanilla. Beat until light and fluffy.

YIELD: About 2-1/4 quarts.

VARIATIONS

1. ORANGE CREAM FROSTING: Use 1/4 cup orange juice, 1 tablespoon lemon juice, and add 1 teaspoon grated orange rind in place of vanilla.
2. CHOCOLATE CREAM FROSTING: Sift 2 cups cocoa with the sugar and reduce vanilla to 2 tablespoons.
3. PINEAPPLE CREAM FROSTING: Use 1 cup of hot pineapple juice in place of milk and add 1 tablespoon lemon juice in place of vanilla. If desired, drained shredded pineapple may be added to taste.
4. LEMON CREAM FROSTING: Use 1/3 cup lemon juice in place of vanilla.



WHIPPED TOPPING

Fruits and Other Desserts C-31

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	1-1/3 tbsps. 1/2 cup.....	Unflavored gelatin Cold water	1. Soften gelatin in the cold water.
8 oz.	2 cups 1 cup	Nonfat dry milk .. Water	2. Sprinkle dry milk over the water and beat until smooth. Scald over hot water for about 3 minutes. Add gelatin. Cool.
.....	1/2 cup 1/2 cup	Lemon juice Orange juice	3. Beat in the fruit juices, a small amount at a time. Store in the refrigerator overnight.
8 oz.	1 cup 1 tsp.	Sugar Salt	4. Whip in mixer on high speed until very stiff. Fold in sugar and salt. Chill until ready to use. 5. Serve on puddings.

YIELD: 2 quarts.

PORTION: About 1 tablespoon.

VARIATION

1. SOFT WHIPPED TOPPING: Omit the gelatin.

YELLOW CAKE

Fruits and Other Desserts C-32

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 4 oz.	2-1/2 cups..	Butter or margarine	1. Cream butter or margarine and sugar until light and fluffy.
3 lb.	1-1/2 qt. ..	Sugar	
.....	2-1/3 cups (12)	Eggs	2. Add eggs and beat well.
2 lb. 8 oz.	2-1/2 qt., sifted	All-purpose flour	3. Sift dry ingredients together.
2 oz.	1/3 cup....	Baking powder....	
.....	1-2/3 tbsp.	Salt	
.....	3-3/4 cups	Milk	4. Combine milk and vanilla. Add alternately with the dry ingredients to the creamed mixture. Beat until thoroughly blended.
.....	1-2/3 tbsp.	Vanilla	5. Pour into 4 greased baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), about 1 quart or 2 pounds 4 ounces per pan.
				6. Bake at 350° F. (moderate) 30 to 35 minutes.

PORTION: 1 piece (2-1/2 by 2 by 1-1/2 inches).



COOKING DRY BEANS AND PEAS

Main Dishes (protein-rich) D-1

Sort and wash beans or peas. Bring water to boiling and add beans or peas. Boil 2 minutes; remove from the heat and let soak 1 hour. If more convenient, soak beans or peas overnight after the 2-minute boil. Add 2 tablespoons salt per gallon of water used, if desired. Cook for the length of time indicated in the chart below; begin counting cooking time when water returns to a boil.

For 100 portions, about 1/2 cup each

Variety	Measure (9 pounds dry beans)	Water	Cooking time	Approximate cooked yield
Blackeye beans (blackeye peas, cowpeas)	1-1/2 gal.	3-3/4 gal.	1/2 hr.	22 lb. 14 oz. (3 gal. 2-3/4 qt.)
Great Northern beans	1 gal. 1-1/2 qt.	3-1/2 gal.	1 to 1-1/2 hr.	21 lb. 4 oz. (3-1/2 gal.)
Kidney beans	1 gal. 1-1/4 qt.	3-1/4 gal.	1 to 1-1/2 hr.	23 lb. 8 oz. (3 gal. 1 qt.)
Lima beans, large	1 gal. 1-3/4 qt.	3-3/4 gal.	3/4 hr.	22 lb. 5 oz. (3 gal. 2-1/2 cups)
Lima beans, small	1 gal. 1-1/2 qt.	3-1/2 gal.	1 to 1-1/2 hr.	21 lb. 12 oz. (3 gal. 1 cup)
Pea beans (navy beans)	1-1/4 gal.	3 gal. 1 cup	1-1/2 to 2-1/2 hr.	19 lb. 14 oz. (3 gal. 2 cups)
Pinto beans	1 gal. 1-3/4 qt.	3-1/2 gal.	2 hr.	20 lb. 12 oz. (3 gal. 2-1/2 qt.)

COOKING DRY BEANS AND PEAS--Continued

For 1 gallon cooked beans

Variety	Quantity of dry beans	Water	Cooking time	Approximate yield (1 gallon cooked beans)
Blackeye beans (blackeye peas, cowpeas)	2 lb. 7 oz. (1 qt. 2-1/2 cups)	1-1/4 gal.	1/2 hr.	6 lb. 3 oz.
Great Northern beans	2 lb. 9 oz. (1 qt. 2-1/4 cups)	1 gal.	1 to 1-1/2 hr.	6 lb. 1 oz.
Kidney beans	2 lb. 11-3/4 oz. (1 qt. 2-1/4 cups)	1 gal.	1 to 1-1/2 hr.	7 lb. 2 oz.
Lima beans, large	2 lb. 13-3/4 oz. (1 qt. 3-3/8 cups)	1-1/4 gal.	3/4 hr.	7 lb. 1 oz.
Lima beans, small	2 lb. 15 oz. (1-3/4 qt.)	1 gal. 1-1/2 cups	1 to 1-1/2 hr.	7 lb. 2 oz.
Pea beans (navy beans)	2 lb. 14 oz. (1 qt. 2-1/4 cups)	1 gal.	1-1/2 to 2-1/2 hr.	6 lb. 5 oz.
Pinto beans	2 lb. 7-1/4 oz. (1 qt. 2-1/8 cups)	1 gal.	2 hr.	5 lb. 10 oz.

1. Use a heavy kettle or roasting pan with a tight-fitting cover, or a steam jacketed kettle.
2. Season meat, using 1/4 teaspoon salt per pound of meat. If desired, meat may be dredged with flour to increase browning.
3. Brown meat on all sides, using a small amount of fat. If meat is not dredged with flour, it may be placed fat side down and browned in its own fat.
4. Add a small amount of water; additional water may be needed as the meat cooks to keep it from burning. Braising or pot roasting in a steam jacketed kettle will require more water than pot roasting in the oven.
5. Cover and simmer on top of range or in a slow over (325°F.) until tender; see timetable for cooking time, which is based on meat taken directly from the refrigerator.
6. Remove the meat and make the gravy (card H-2).

BRAISING OR POT ROASTING MEATS--Continued

Timetable for braising meats

Kind and cut	Weight or thickness	Approximate cooking time	Kind and cut	Weight or thickness	Approximate cooking time
Beef:					
Pot roast	3 to 5 lb.	3-1/2 to 4 hrs.	Shoulder, rolled	3 lb.	2-1/2 hrs.
Pot roast	5 to 15 lb. . . .	3-1/2 to 5 hrs.	Cutlets	1/2 in.	45 min.
Swiss steak	1 to 1-1/2 in.	2 to 2-1/2 hrs.	Chops, loin or rib	3/4 in.	45 min.
Shortribs	2 by 2 by 2 in.	2 to 2-1/2 hrs.	Stew meat	1 in. cubes . .	1-1/2 to 2 hrs.
Cubed beef	1-1/2 in. cubes	2-1/2 to 3 hrs.	Pork:		
Lamb:					
Shoulder, rolled	3 lb.	2 to 2-1/2 hrs.	Chops	3/4 to 1 in. . . .	50 to 60 min.
Shoulder chops	3/4 in.	40 min.	Shoulder steak. .	3/4 in.	45 min.
Shanks	1/2 to 1 lb. . .	1-1/2 to 2 hrs.	Spareribs	1-1/2 to 2-1/2 hrs.
Cubed lamb	1-1/2 in.	1-1/2 hrs.	Tenderloin patties	1/2 in.	30 min.

1. Place meat in roasting pan, fat side up. Allow space in the pans between roasts. Do not add water; do not cover. See timetable for cooking time, which is based on meat taken directly from the refrigerator.
2. If thermometer is used, insert it into the center of the thickest part of the meat, away from bone, fat, or gristle. Roast at 325° F. until thermometer registers the temperature given in timetable.

Timetable for roasting meats

Kind and cut of meat	Ready-to-cook weight	Internal temperature	Approximate cooking time 325° F.
Beef:	<u>Pounds</u>	<u>°F. *</u>	<u>Hours</u>
Rolled rib	6	160 - 170	3-1/4 to 4
Rolled rump.....	5	160 - 170	3 to 3-1/4
Sirloin tip	3	160 - 170	2 to 2-1/4
Lamb:			
Leg	6 to 7	180	3-3/4
Shoulder.....	5	180	3
Rolled shoulder	5	180	3

*160° F.--medium; 170° F. to 185° F.--well done. (over)

ROASTING MEATS--Continued

Timetable for roasting meats--Continued

Kind and cut of meat	Ready-to-cook weight	Internal temperature °F.*	Approximate cooking time 325° F. Hours
Pork, fresh:			
Leg (fresh ham)	14	185	6
Loin	5	185	3
Shoulder	5	185	3-1/2
Shoulder butt	5	185	3-1/2
Pork, mild cure:			
Ham, whole	16	170	4-1/4
Ham, piece	6	160	2-1/2
Picnic shoulder	6	170	3-1/2
Veal:			
Leg	8	170	3-1/2
Loin	5	170	3
Shoulder	6	170	3-1/2
Rolled shoulder	3	170	3

*160° F.--medium; 170° F. to 185° F.--well done.

STEWING OR COOKING MEATS IN LIQUID

Main Dishes (protein-rich) D-4

- 1. Place the meat in a pot, cover with water. Add seasonings as desired.
- 2. Simmer until tender. See timetable for cooking time.

Timetable for stewing meats

Kind and cut	Weight <u>Pounds</u>	Approximate cooking time <u>Hours</u>
Beef:		
Fresh brisket or plate	8	4 to 5
Corne'd beef brisket (whole)	8	4 to 5
Corne'd beef brisket (piece)	3	3 to 3-3/4
Beef shanks	4	3 to 4
Tongue, fresh or smoked	3 to 4	3 to 3-1/2
Stew (1-to 2-inch pieces)	2-1/2 to 3
Pork:		
Smoked ham, whole	16	4
Smoked ham, shanks	5	2-1/2
Smoked picnic shoulder	7 to 8	3-1/2 to 4
Boneless shoulder butt	2 to 3	1-1/2 to 2
Hocks, each	3/4 to 1	2-1/2 to 3
Lamb:		
Stew (1-to 2-inch pieces)	1-1/2 to 2
Veal:		
Stew (1- to 2-inch pieces)	2 to 3

Poultry must be properly handled at time of preparation, cooking, cooling, and serving to avoid spoilage or serious food poisoning. (See reverse side of this card for information on getting poultry ready for cooking. Also cards D-6, D-7, and D-8, for instructions on roasting, steaming, stewing and proper methods of cooling.)

Frozen birds must be kept hard frozen at 0° F. or below until they are removed from storage for thawing and cooking.

TO THAW:

1. Remove from freezer storage only the number of birds needed for 1 day's use.
2. Thaw birds before cooking. Thaw in original wrapper in refrigerator (35° to 40° F.).

Space birds on refrigerator shelves so that air can circulate around them allowing time for thawing as follows:

Heavy turkeys, 18 lb. and over	3 to 4 days
Lighter turkeys, under 18 lb.	2 to 3 days
Heavy chickens, 4 lb. and over	1 to 2 days
Lighter chickens, under 4 lb.	overnight

or thaw birds partially in the refrigerator and then place under cold running water until completely thawed. Do not thaw at room temperature or in warm water. Do not refreeze.

3. As soon as birds are thawed enough, inspect and clean for cooking.

TO INSPECT AND CLEAN READY-TO-COOK POULTRY

1. Remove neck and giblets, which are usually packed in the neck and body cavities.
2. Wash neck and giblets thoroughly in cold running water. Drain.
3. Inspect birds, removing parts of lung, crop, or windpipe that may be present in the cavities, or pinfeathers that may not have been removed in the initial cleaning process.
4. Wash birds thoroughly, inside and out, in cold running water. Drain.
5. Cook birds and giblets¹ promptly. Or cover loosely with waxed paper and refrigerate at 35° to 40° F. Do not hold for longer than 24 hours before cooking.

¹ The giblets may be simmered with the neck and wing tips for making broth or gravy stock. The cooked meat may be cut up and added to the gravy or stuffing.

TO PREPARE AND COOK

- 1. Thaw turkey, if frozen. Inspect and clean as necessary (card D-5).
- 2. Fold neck skin back and fasten with skewers or tie with clean cord; fold wings toward the back or tie close to body; tie legs together and fasten to tail or if there is a band of skin under tail, tuck legs into band. Release the legs when turkey is half done, to speed the cooking.
- 3. Rub bird with cooking fat and place on a rack in a shallow pan with the breast side up. Do not add water. Do not cover. Bird may be covered with loose tent of aluminum foil or with cheese cloth which has been dipped in melted butter, margarine, or cooking fat. Do not stuff turkey for roasting; bake stuffing separately.
- 4. Roast according to timetable given below for unstuffed turkeys taken directly from the refrigerator. Baste with pan drippings occasionally. Continue to cook until done. Do not cook partially on one day and finish on next.

Timetable for roasting unstuffed turkeys

Dressed weight	Ready-to-cook weight ¹	Oven temperature	Approximate cooking time
<u>Pounds</u>	<u>Pounds</u>	<u>°F.</u>	<u>Hours</u>
6 to 10	5 to 9	325)	2-1/2 to 3
10 to 14	9 to 12	325)slow	3 to 3-1/2
14 to 18	12 to 16	325)oven	3-1/2 to 4-1/2
18 to 24	16 to 21	300)	4-1/2 to 6
24 to 30	21 to 26	300)	6 to 7-1/2

¹ Neck and giblets included.

ROAST TURKEY --Continued

5. Make these tests for doneness:

- a. Press drumstick meat between fingers. Meat should be very soft when well done.
 - b. Lift drumstick to test whether leg joint moves easily.
 - c. Tip bird to see whether juice running out of body cavity is clear and has no pink color.
6. When turkey is well done, cool for 20 to 30 minutes, slice, and serve. Or cool quickly and refrigerate.

TO COOL AND REFRIGERATE

1. Take turkey out of roasting pan and place on wire racks to speed the cooling.
2. When turkey is cool enough to handle easily, remove the meat from the bones and spread on wire racks. When the meat is completely cool, wrap loosely in waxed paper.
3. Store in the refrigerator (35° to 40° F.). CAUTION: Use within 2 days after roasting.

TO PREPARE AND COOK

1. Thaw chicken or turkey, if frozen. Inspect and clean as necessary (card D-5).
2. Cut in pieces or leave whole.
3. Place chicken or turkey in solid (not perforated) pans in steamer compartment.
4. Steam chicken or turkey until tender, allowing 8 minutes per pound (ready-to-cook weight) at 5 pounds pressure. Steaming without pressure will take longer. Do not cook partially on one day and finish on next.
5. When chicken or turkey is well done, serve at once. Or cool quickly and refrigerate.

TO COOL AND REFRIGERATE

Cool chicken or turkey and broth separately as follows:

1. Remove chicken or turkey from broth and place in shallow pan on wire racks to speed the cooling.
2. Place container of broth in cold running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F.).

CAUTION: Use within 2 days after cooking.

3. When meat is cool enough to handle easily, remove it from bones. When it is completely cool, wrap loosely in waxed paper. Store in refrigerator (35° to 40° F.).
- CAUTION: Use within 2 days after cooking.



TO PREPARE AND COOK

1. Thaw chicken or turkey, if frozen. Inspect and clean as necessary (card D-5).
2. Cut in pieces or leave whole.
3. Put in stock pot or steam-jacketed kettle.
4. Add enough hot water just to cover chicken or turkey.
5. Cover and simmer. Do not boil.
6. Cook until tender. Chicken may take 2-1/2 to 3 hours; young whole turkeys will take 3 to 4 hours; older turkeys will take longer. Do not cook partially on one day and finish on next.
7. When chicken or turkey is done, serve at once, or cool quickly and refrigerate.

TO COOL AND REFRIGERATE

Cool chicken or turkey and broth separately as follows:

1. Remove chicken or turkey from broth and place in shallow pan on wire racks to speed the cooling.
 2. Place container of broth in cold running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F.). **CAUTION:** Use within 2 days after cooking.
 3. When meat is cool enough to handle easily, remove it from bones. When it is completely cool, cover with waxed paper. Store in refrigerator (35° to 40° F.).
- CAUTION:** Use within 2 days after cooking.

BAKED BEANS

Main Dishes (protein-rich) D-9

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
9 lb.	Dry beans (card D-1)	1. Sort and wash beans. Bring water to boiling and add beans. Boil 2 minutes, remove from heat and let soak 1 hour. If more convenient, soak beans overnight after the 2-minute boil.
.....	2 gal.	Water	2. Drain beans and heat the drained liquid.
1 lb. 8 oz.	Salt pork, sliced...	3. Place half of beans in 3 baking pans (12 by 16 by 3 inches).
				4. Cover beans with slices of salt pork.
				5. Spread remaining beans over salt pork. Top with slices of salt pork.
.....	1/2 tsp. ...	Red pepper.....	6. Combine the pepper, sugar, mustard, salt, onion, and molasses or honey. Pour mixture over bears.
14 oz.	2 cups, firmly packed	Brown sugar	7. Add the hot drained liquid. Additional water may be needed to moisten during baking.
.....	2-1/3 tbsps.	Powdered dry mustard	
2 oz.	1/4 cup....	Salt	

BAKED BEANS--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
12 oz.	2 cups	Coarsely chopped onion	8. Cover pans and bake at 300° F. (slow) 7 to 8 hours.
1 lb. 8 oz.	2 cups	Molasses or honey	

PORTION: 1/2 cup--provides 1/2 cup cooked beans.

VARIATION

1. BEANS IN TOMATO SAUCE: Use only 1-1/2 gallons of water for soaking beans. Add 2 quarts of tomato puree with the molasses and other seasonings. One portion provides 1/2 cup cooked beans.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Baked Beans Sliced Tomatoes Stewed Apricots Peanut Butter Cookies Boston Brown Bread Butter or Margarine 1/2 Pint Milk	Baked Beans Buttered Broccoli Cheese-Apple Crisp Raisin Bread Butter or Margarine 1/2 Pint Milk	

BAKED HADDOCK FILLETS IN SPANISH SAUCE

Main Dishes (protein-rich) D-10

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
20 lb.	Haddock fillets (fresh or frozen)	1. Thaw frozen fillets. Divide into 100 portions, using 3 ounces as an average weight. Place in a single layer in well-greased baking pans.
1 lb. 4 oz.	2-1/2 cups 3/4 cup	Chopped onion.... Chopped green pepper	2. Cook onion and green pepper in fat or oil until tender; blend in the flour.
8 oz. 6 oz.	1 cup..... 1-1/2 cups	Melted fat or oil.. All-purpose flour	3. Add tomatoes and seasonings. Cook until thickened, stirring occasionally.
1-1/2 oz. 1 oz.	3 qt. 3 tbsp. 2 tbsp.	Canned tomatoes.. Salt Sugar.....	4. Cover fish with the sauce.
.....	1/4 tsp. ... 1/8 tsp. ...	Crushed bay leaves Ground cloves....	5. Bake at 350° F. (moderate) about 35 to 40 minutes, or until the fish flakes easily when tested with a fork.

PORTION: 1 portion--provides 2 ounces cooked fish.

BAKED HADDOCK FILLETS IN SPANISH SAUCE --Continued

VARIATIONS

1. BAKED COD FILLETS IN SPANISH SAUCE: Use 20 pounds cod fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
2. BAKED OCEAN PERCH FILLETS IN SPANISH SAUCE: Use 20 pounds ocean perch fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
3. BAKED POLLOCK FILLETS IN SPANISH SAUCE: Use 20 pounds pollock fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.
4. BAKED WHITING FILLETS IN SPANISH SAUCE: Use 20 pounds whiting fillets in place of haddock fillets. One portion provides 2 ounces cooked fish.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Baked Haddock Fillets in Spanish Sauce Mashed Potatoes Chinese Cabbage Salad with Russian Dressing Apple or Other Fruit Bread Butter or Margarine 1/2 Pint Milk	Baked Haddock Fillets in Spanish Sauce Buttered Spinach or Other Greens Corn-on-the Cob Rye Bread Butter or Margarine 1/2 Pint Milk	

BAKED SMOKED HAM (mild cure)

Main Dishes (protein-rich) D-11

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
31 lb. <u>or</u> 20 lb.	Smoked ham, bone in <u>or</u> Boneless smoked ham	1. Place hams in roasting pans, fat side up. Allow space in the pans be- tween hams. 2. Bake uncovered at 325° F. (slow) 4-1 1/4 hours or until tender.
20 lb. <u>or</u>	Boneless smoked shoulder	
GLAZE I				
14 oz.	2 cups, packed	Brown sugar	3. The hams may be glazed if desired. To glaze, trim rind and excess fat from hams after they have been baked 3-1 1/2 hours. Brush with glaze I or II (for glaze I, mix the 3 in- gredients together). Return hams to oven for 30 minutes.
.....	1/2 cup	Vinegar	
.....	2 tsp.	Powdered dry mustard	
GLAZE II				
.....	2 cups	Honey	

PORTION: 1 slice--provides 2 ounces cooked lean meat.

VARIATION

1. BAKED SMOKED HAM (LONG CURE): Soak hams overnight in cold water. Cover with fresh water and simmer until tender (card D-4). Glaze as above and bake at 400° F. (hot) about 15 minutes or until glaze browns.

(over)

BAKED SMOKED HAM (mild cure)--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Baked Smoked Ham</p> <p>Buttered Green Peas and Carrots</p> <p>Citrus Fruit Cup</p> <p>Fig Bar</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Baked Smoked Ham</p> <p>Buttered Lima Beans</p> <p>Tomato and Lettuce Salad</p> <p>Stewed Raisins</p> <p>Gingerbread</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

BAKED WHITING FILLETS

Main Dishes (protein-rich) D-12

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
20 lb.	Whiting fillets (fresh or frozen)	1. Thaw frozen fillets. Divide into 100 portions, using 3 ounces as an average weight. Place in a single layer in well-greased baking pans.
1-1/2 oz. 2 oz. 1 lb. 4 oz. 10 oz.	1/4 cup 1/4 cup 3 tbsp. 2-1/2 cups 1-1/4 cups	Chopped onion Salt Paprika Melted fat or oil .. Lemon juice	2. Add onion, salt, and paprika to fat or oil. Gradually add lemon juice, beating constantly until blended. 3. Cover fish with the sauce. 4. Bake at 350° F. (moderate) about 30 40 minutes or until the fish flakes easily when tested with a fork.

PORTION: 1 portion--provides 2 ounces cooked fish.

VARIATIONS

1. BAKED COD FILLETS: Use 20 pounds cod fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
2. BAKED HADDOCK FILLETS: Use 20 pounds haddock fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
3. BAKED OCEAN PERCH FILLETS: Use 20 pounds ocean perch fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.
4. BAKED POLLOCK FILLETS: Use 20 pounds pollock fillets in place of whiting fillets. One portion provides 2 ounces cooked fish.

(over)

BAKED WHITING FILLETS---Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Baked Whiting Fillets</p> <p>Buttered Green Asparagus</p> <p>Tomato Aspic</p> <p>Chocolate Cake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Baked Whiting Fillets</p> <p>Creole Eggplant</p> <p>Cabbage and Green Pepper Salad</p> <p>Raisin Square</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

BARBECUED BEEF

Main Dishes (protein-rich) D-13

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 oz.	1/2 cup	Fat or oil	1. Combine fat or oil, liquids, sugar, vegetables, and seasonings. Heat thoroughly but do not cook enough to soften vegetables.
.....	1-1/4 cups	Vinegar	
.....	1-1/2 qt. ..	Water	
.....	2-1/2 qt. ..	Catsup	
7 oz.	1 cup,	Brown sugar	
	packed			
12 oz.	2 cups	Chopped onion	
2 lb.	2 qt.	Chopped celery
3/4 oz. ...	1/4 cup	Powdered dry	
		mustard	
2 oz.	1/4 cup	Salt	2. Add beef to the sauce. Reheat.
12 lb.	2-1/2 gal.	Chopped cooked	3. Portion with a No. 12 scoop (1/3 cup).
8 oz.		beef	
.....	100	Round buns	4. Serve between halves of a buttered bun. Toast buns, if desired.
1 lb.	2 cups	Melted butter or	
		margarine		

PORTION: 1 sandwich--provides 2 ounces cooked lean meat. (over)

BARBECUED BEEF--Continued

VARIATIONS

1. BARBECUED LAMB OR PORK: Use 12 pounds 8 ounces (2-1/2 gallons) lean chopped cooked lamb or pork in place of beef. One portion provides 2 ounces cooked lean meat.
2. BARBECUED CHICKEN OR TURKEY: Use 12 pounds 8 ounces (2-1/2 gallons) chopped cooked chicken or turkey in place of beef. One portion provides 2 ounces cooked lean meat.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Barbecued Beef on Buns Spinach or Other Greens Baked Potato, Sweet or White Pear or Other Fruit Butter or Margarine 1/2 Pint Milk	Barbecued Beef on Buns Buttered Cauliflower Carrot Sticks Deep Dish Apple Pie Butter or Margarine 1/2 Pint Milk	

BARBECUED HASH

Main Dishes (protein-rich) D-14

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb.	1 qt. 1-1/4 cups	Chopped onion.....	1. Cook onion and green pepper in the fat or oil until onion is golden brown.
4 lb.	3-1/4 qt. ..	Chopped green pepper	
1 lb.	2 cups.....	Fat or oil	
12 lb. 8 oz.	2-1/2 gal. .	Chopped cooked beef, pork, or veal	2. Add meat, potatoes, and water.
13 lb.	1 gal. 2-1/2 qt.	Chopped cooked potatoes	
.....	1 gal.	Water	3. Combine seasonings with the meat mixture. 4. Place in 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), 5-1/2 quarts or 11 pounds 8 ounces per pan. 5. Bake at 400° F. (hot) 1 hour 10 minutes, or until brown.
2 lb.	3-1/3 cups	Catsup	
2 lb.	3-1/3 cups	Chili sauce	
12 oz.	1-1/3 cups	Worcestershire sauce	
.....	1-1/3 tbsp.	Chopped garlic	
4 oz.	1/2 cup.....	Salt	
.....	1/4 cup....	Chili powder	

PORTION: 3/4 cup--provides 2 ounces cooked lean meat and 1/4 cup vegetable.

BARBECUED HASH--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Barbecued Hash</p> <p>Kale or Other Greens</p> <p>Chocolate Pudding, Whipped Topping</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Barbecued Hash</p> <p>Buttered Green Lima Beans</p> <p>Sauerkraut</p> <p>Cup Cake</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

BEEF STEW

Main Dishes (protein-rich) D-15

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
17 lb. 1 lb. 2 cups..... 4-1/2 gal. .	Boneless beef Fat or oil..... Water	1. Cut beef in 1-inch cubes and brown in the fat or oil. 2. Add water and simmer until meat is tender (card D-4).
2 lb. 4 oz.	2 qts., sifted 1/2 cup....	All-purpose flour Salt	3. Skim off fat and blend with the flour and salt. Stir into beef mixture. Cook until thickened, stirring constantly.
1 lb. 4 oz. 9 lbs. 7 lb. 4 lb.	1 qt. 1 gal. 2-1/2 qts. 1 gal. 1-3/4 qt. 1 gal. 1 tsp.	Quartered onions Diced potatoes ... Diced carrots Celery, cut in 1- inch pieces Gravy seasoning sauce, if needed	4. Boil or steam vegetables until tender(card J-3 or J-5). 5. Add to the meat mixture; combine carefully.

PORTION: 1 cup--provides 2 ounces cooked lean meat and 1/2 cup vegetable.

(over)

BEEF STEW--Continued

VARIATIONS

1. LAMB STEW: Use 18 pounds lean boneless lamb in place of beef. One portion provides 2 ounces cooked lean meat and 1/2 cup vegetable.
2. BEEF OR LAMB PIE: Place hot stew mixture, about 1-1/4 gallons per pan, in 4 baking pans (12 by 16 by 3 inches). Top with biscuits (card B-1) and bake. One portion provides 2 ounces cooked lean meat and 1/2 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Beef Stew	Beef Stew	
Cole Slaw	Pineapple-Orange Salad	
Peach Upside-Down Cake	Jelly Roll	
Whole Wheat Bread	Biscuit	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

BOILED LIMAS AND HAM

Main Dishes (protein-rich) D-16

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 lb. 8 oz.	3 qt. 1 -3/4 gal.	Large dry lima beans Water.....	1. Sort and wash beans. Bring water to boiling and add beans. Boil 2 minutes, remove from heat and let soak 1 hour. If more convenient, soak beans overnight after the 2-minute boil.
6 lb. 6 oz. 1/2 oz.	1 -1/4 gal. 1/2 cup 1 tbsp.....	Diced cooked lean smoked ham Salt.....	2. Add ham and salt to beans and boil gently until beans are tender, about 1 hour.

PORTION: 3/4 cup--provides the equivalent of 2 ounces protein-rich food. (over)

BOILED LIMAS AND HAM--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Boiled Limas and Ham</p> <p>Turnip Greens or Other Greens</p> <p>Fruit Cup</p> <p>Peanut Butter Bar</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Boiled Limas and Ham</p> <p>Tossed Green Salad</p> <p>Orange Juice</p> <p>Sugar Plumped Prunes</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

BRAISED LAMB SHANKS WITH VEGETABLES

Main Dishes (protein-rich) D-17

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	100	Lamb shanks.....	1. Roll lamb shanks in flour and salt which have been sifted together and place in 4 baking pans (12-1/2 by 20-1/2 by 2-1/2 inches).
12 oz.	3 cups, sifted	All-purpose flour..	
1-1/4 oz. .	2-2/3 tbsp.	Salt	
6 lb.	1-1/2 gal...	Rutabagas, turnips, sweetpotatoes, or potatoes, cut in 1/2-inch pieces	2. Combine other ingredients and place over the lamb shanks.
1 lb. 8 oz.	1 qt.	Chopped onion....	3. Bake covered at 350° F. (moderate) 3-1/2 hours. Remove cover the last 1/2 hour to brown the meat.
.....	1-1/2 gal. .	Canned tomatoes..	
6 lb.	1-1/2 gal. .	Carrots, cut in 1/2-inch pieces	
6 lb.	1 gal. 2 cups	Frozen Fordhook lima beans	
4 oz.	1/2 cup....	Salt	
2 oz.	1/4 cup....	Celery salt	
.....	1 tbsp.	Pepper	

PORTION: 1 shank plus vegetables--provides 2 ounces cooked lean meat and about 1/2 cup vegetable.

(over)

BRAISED LAMB SHANKS WITH VEGETABLES--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Braised Lamb Shanks With Vegetables</p> <p>Mint Jelly</p> <p>Perfection-Green Pepper Salad</p> <p>Brown Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Braised Lamb Shanks With Vegetables</p> <p>Grapefruit Juice</p> <p>Cherry Pie</p> <p>Rye Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

BRAISED LIVER

Main Dishes (protein-rich) D-18

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
18 lb.	Beef liver.....	1. Skin the liver and cut in 1-inch pieces.
2 lb.	2 qt., sifted	All-purpose flour	2. Roll the liver in flour and salt which have been sifted together. Brown in fat or oil.
1 oz.	2 tbsp. . . .	Salt	
1 lb.	2 cups	Fat or oil	
.....	1 gal.	Hot water	3. Place liver in 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches). Pour water over liver. If desired, use 2 quarts tomato puree and 2 quarts water in place of the water.
				4. Bake uncovered at 350° F. (moderate) 45 minutes.
				5. Serve over noodles, grits, or mashed potatoes.

PORTION: About 1/3 cup--provides 2 ounces cooked lean meat.

(over)

BRAISED LIVER--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Braised Liver</p> <p>Mashed Potatoes</p> <p>Creole Tomatoes</p> <p>Peach Shortcake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Braised Liver</p> <p>Buttered Green Peas</p> <p>Tomato Aspic Salad</p> <p>Gingerbread with Lemon Sauce</p> <p>Poppy Seed Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

CASSEROLE OF HEART WITH STUFFING

Main Dishes (protein-rich) D-19

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 2 oz. 1 lb. 2 lb. 8 oz.	3 cups 1 qt. 1-1/4 qt. ..	Chopped onion Chopped celery Butter or margarine	1. Cook vegetables in butter or margarine until they are clear but not brown; remove from the heat.
7 lb. 8 oz.	6 gal., lightly packed	Bread cubes	2. Add bread and seasonings; toss to mix.
1-1/2 oz.	3 tbsp. 2 tbsp.	Salt Poultry seasoning..	
6 lb. 4 oz.	1 gal. 2-1/4 qt.	Cooked chopped heart	3. Place alternate layers of heart and stuffing in 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), having stuffing on top.
10 oz.	1-1/4 cups	Butter, margarine, or beef suet	4. Prepare gravy (card H-2). Pour 1 quart of gravy over each pan of mixture.
8 oz.	2 cups, sifted	All-purpose flour	5. Bake at 400° F. (hot) about 30 minutes or until brown.
.....	1 gal.	Broth from heart	
.....	2-1/2 tsp..	Salt	
.....	Gravy coloring, if desired	

PORTION: About 1/2 cup--provides 1 ounce cooked lean meat.

(over)

CASSEROLE OF HEART WITH STUFFING--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Casserole of Heart with Stuffing</p> <p>Buttered Green Peas</p> <p>Celery Sticks with Cheese</p> <p>Fruit Salad with Orange Sections</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Casserole of Heart with Stuffing</p> <p>Turnip Greens with Hard-Cooked Eggs</p> <p>Buttered Whole Kernel Corn</p> <p>Apple Crisp</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

CHEESE-POTATO CASSEROLE

Main Dishes (protein-rich) D-20

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
25 lb.	3 gal. 2 cups	Diced cooked potatoes	1. Place potatoes in 4 baking pans (12 by 18 by 2 inches).
12 oz.	1-1/2 cups	Butter or margarine	2. Prepare white sauce (card H-8 or H-9).
12 oz.	3 cups, sifted	All-purpose flour	
4 oz.	1/2 cup ...	Salt	
.....	2 gal.	Hot milk	
6 lb. 4 oz.	1 gal. 2-1/4 qt..	Grated cheese	3. Add cheese and stir until blended.
				4. Pour sauce on potatoes.
8 oz.	2 cups	Dry bread crumbs	5. Top with crumbs which have been mixed with butter or margarine.
2 oz.	1/4 cup ...	Melted butter or margarine	6. Bake at 350° F. (moderate) about 1 hour or until brown.

PORTION: About 2/3 cup--provides 1 ounce cheese and 1/2 cup vegetable.

CHEESE-POTATO CASSEROLE---Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Cheese-Potato Casserole</p> <p>Spinach or Other Greens with Hard-Cooked Egg</p> <p>Harvard Beets</p> <p>Pineapple-Rice Cream</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Cheese-Potato Casserole</p> <p>Cold Baked Ham (1 oz.)</p> <p>Buttered Broccoli</p> <p>Date Cup Cake</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

CHEESE RAREBIT

Main Dishes (protein-rich) D-21

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb. 8 oz.	1-1/4 qt...	Butter or margarine	1. Prepare white sauce (card H-8 or H-9), adding mustard and paprika with the salt.
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour.	
3/4 oz....	1-1/3 tbsp.	Salt.....	
.....	1-1/3 tbsp.	Powdered dry mustard	
.....	1/4 tsp....	Paprika	
.....	2 gal.....	Hot milk.....	
12 lb.	3 gal.....	Grated cheese	2. Blend in the cheese.
.....	1 cup (5) ..	Eggs, beaten.....	3. Remove from heat and add eggs. Reheat.
				4. Serve on toast or cooked rice.

PORTION: About 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. TOMATO RAREBIT: Use tomato juice in place of milk. One portion provides the equivalent of 2 ounces protein-rich food.

CHEESE RAREBIT--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Cheese Rarebit on Rice</p> <p>Buttered Green Snap Beans</p> <p>Tomato Juice</p> <p>Cottage Pudding with Chocolate Sauce</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Cheese Rarebit on Toast Cubes</p> <p>Buttered Green Peas</p> <p>Baked Potato, Sweet or White</p> <p>Apricot Whip</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb.	1 qt.	Butter or margarine	1. Melt the butter or margarine, blend in the flour and salt. Stir into broth.
2 lb. 4 oz.	2-1/4 qt. .. sifted	All-purpose flour	Cook until thickened, stirring constantly.
.....	1-1/2 gal. .	Hot chicken broth..	
1 oz. 3 oz.	2 tbsp. 1/2 cup	Salt Finely chopped onion	2. Add salt and onion. Blend.
11 lb.	2 gal. 3 cups	Coarsely chopped cooked chicken	3. Combine sauce, chicken, corn, cheese, and pimiento.
10 lb.	1-1/2 gal...	Drained whole- kernel corn	4. Place mixture in 4 baking pans (12 by 16 by 3 inches).
1 lb. 8 oz. 12 oz.	1-1/2 qt. .. 1-1/2 cups	Grated cheese..... Chopped pimiento..	
1 lb. 8 oz.	1 qt. 1 cup	Dry bread crumbs Melted butter or margarine	5. Top with the bread crumbs which have been mixed with the melted butter or margarine. 6. Bake at 350° F. (moderate) 45 minutes or until crumbs are brown.

PORTION: 2/3 cup--provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

CHICKEN-CORN SCALLOP--Continued

VARIATION

<p>1. TURKEY-CORN SCALLOP: Use 11 pounds (2 gallons 3 cups) chopped cooked turkey in place of chicken. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.</p>		
SUGGESTED MENUS		
Menu 1	Menu 2	Menu 3 School's Favorite
<p>Chicken-Corn Scallop</p> <p>Been Greens or Other Greens</p> <p>Carrot or Celery Sticks</p> <p>Butterscotch Pudding</p> <p>Biscuit</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Chicken-Corn Scallop</p> <p>Buttered Broccoli</p> <p>Apple or Other Fruit</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

CHICKEN SPOONBREAD

Main Dishes (protein-rich) D-23

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb. 4 oz. 2 oz.	1-1/2 qt. ... 2/3 cup 1/4 cup 2 gal.	Cornmeal..... Granulated tapioca Salt Chicken broth	1. Combine cornmeal, tapioca, salt, and broth in top of double boiler or in stock pot.
1 lb.	2 cups.....	Butter, margarine, or chicken fat	2. Stir in butter, margarine, or chicken fat. Remove from heat. Cool slightly.
..... 8 lb. 8 oz.	2-2/3 cups (32) 1-1/2 gal. 3-1/4 cups	Egg yolks..... Chopped cooked chicken	3. Beat egg yolks and blend into cornmeal mixture. Add chopped chicken.
.....	1 qt. (32)	Egg whites.....	4. Beat egg whites until stiff and fold into chicken mixture. 5. Place in 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), 1-1/4 gallons or 8 pounds per pan. 6. Bake at 375° F. (moderate) 45 minutes or until brown. 7. Serve with chicken gravy, if desired (card H-2).

PORTION: 2/3 cup--provides the equivalent of 2 ounces protein-rich food.

CHICKEN SPOONBREAD--Continued

VARIATION

1. TURKEY SPOONBREAD: Use 8 pounds 8 ounces (1-1/2 gallons 3-1/4 cups) chopped cooked turkey in place of chicken. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Chicken Spoonbread Turnip Greens or Other Greens Raisin and Carrot Salad Brownie Bread Butter or Margarine 1/2 Pint Milk	Chicken Spoonbread Buttered Green Peas Cranberry Sauce Orange or Cantaloup Biscuit Butter or Margarine 1/2 Pint Milk	

CHILI CON CARNE WITH BEANS

Main Dishes (protein-rich) D-24

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
9 lb.		Ground beef.	1. Brown beef and onion in the fat or oil.
1 lb. 1 lb.	2-2/3 cups. 2 cups.	Chopped onion ... Fat or oil.	
.....	3 qt.	Tomato puree	2. Add puree; simmer until beef is tender.
4 oz.	1 cup, sifted	All-purpose flour.	3. Make a paste of the flour and water; add to beef mixture, stirring constantly.
.....	1 cup.	Water.	
.....	1-1/2 gal.	Canned or cooked pinto or kidney beans (card D-1)	4. Add beans and seasonings.
2 oz. 1-1/2 oz. ..	1/4 cup. 1/3 cup.	Salt. Chili powder.	5. Cover and cook 1 to 1-1/2 hours or until flavors are well blended and mixture is thickened, stirring occasionally to prevent sticking.

PORTION: 2/3 cup--provides the equivalent of 2 ounces protein-rich food.

CHILI CON CARNE WITH BEANS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Chili Con Carne with Beans Cabbage and Green Pepper Salad Stewed Apricots Whole Wheat Bread Butter or Margarine 1/2 Pint Milk	Chili Con Carne with Beans Tossed Tomato and Cress Salad Apple or Other Fruit Rye Bread Butter or Margarine 1/2 Pint Milk	

CODFISH CAKES

Main Dishes (protein-rich) D-25

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	12 cans (14 oz. each)	Codfish flakes.....	1. Separate fish into flakes.
1 lb. 8 oz. 1 lb.	1 qt. 2 cups.....	Chopped onion..... Melted fat or oil..	2. Cook onion in fat or oil until tender.
..... 16 lb. 9 oz. 2 oz.	About 3 cups (16) 2 gal. 1 cup..... 1/4 cup....	Eggs, beaten..... Mashed potatoes.. Catsup..... Salt	3. Combine eggs, mashed potatoes, catsup, and salt with the fish and onion.
1 lb.	1 qt.	Fine dry bread crumbs	4. Portion fish mixture with a No. 16 scoop (1/4 cup). Form into 200 cakes. Roll in crumbs.
1 lb. 8 oz.	3 cups.....	Melted fat or oil..	5. Place in a single layer in 6 well-greased sheet pans (15 by 20 by 1 inch). Pour melted fat or oil over the cakes. 6. Bake at 500° F. (extremely hot) about 8 to 10 minutes or until browned on bottom. Turn carefully and bake for 3 to 5 minutes longer or until brown.

PORTION: 2 cakes provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.
(over)

VARIATIONS

1. FISH FLAKE CAKES: Use 12 cans (14 ounces each) fish flakes in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.
2. FLAKED FISH CAKES: Use 11 pounds flaked cooked fish in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.
3. PACIFIC SARDINE CAKES: Use 16 cans (15 ounces each) Pacific sardines, drained, in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.
4. SALMON CAKES: Use 14 cans (16 ounces each) salmon, drained, in place of codfish flakes. One portion provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Codfish Cakes Buttered Brussels Sprouts Carrot and Celery Sticks Spiced Applesauce Bread Butter or Margarine 1/2 Pint Milk	Codfish Cakes Creamed Peas Raw Spinach Salad with Tomato Wedges Stewed Dried Fruit Whole Wheat Bread Butter or Margarine 1/2 Pint Milk	

CREAMED DRIED BEEF

Main Dishes (protein-rich) D-26

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
3 lb.	1-1/2 qt. .	Butter or margarine	1. Prepare white sauce (card H-8 or H-9).
1 lb. 8 oz..	1-1/2 qt., sifted	All-purpose flour.	
.....	3 gal.	Hot milk	
10 lb.	Dried beef, chopped	2. Add the dried beef and Worcestershire sauce;
.....	1 tbsp.	Worcestershire sauce	3. Serve over rice (card B-12), baked potato (card J-2), or toast points. If served over rice, omit salt when cooking rice.

PORTION: 3/4 cup--provides 2 ounces cooked lean meat.

VARIATION

1. CREAMED DRIED BEEF AND EGGS: Use only 5 pounds dried beef and add 50 quartered hard-cooked eggs. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

CREAMED DRIED BEEF--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Creamed Dried Beef on Rice Buttered Broccoli Carrot-Raisin Salad Rye Bread Butter or Margarine 1/2 Pint Milk	Creamed Dried Beef on Baked Potato Buttered Green Snap Beans Applesauce Bun Butter or Margarine 1/2 Pint Milk	

CREAMED EGGS

Main Dishes (protein-rich) D-27

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb.	1 qt.....	Butter or margarine	1. Prepare white sauce (card H-8 or H-9).
1 lb.....	1 qt., sifted	All-purpose flour.	
1-1/2 oz ..	3 tbsp.....	Salt.....	
.....	2 gal.....	Hot milk.....	
.....	100.....	Hard-cooked eggs, quartered	2. Place eggs in serving pans (10-1/2 by 16-1/2 by 2-1/2 inches) and cover with hot white sauce. Reheat if necessary.
				3. Serve on split cornbread, fresh or toasted (card B-4), or toasted bread cubes, if desired.

PORTION: About 1/2 cup--provides 1 egg.

CREAMED EGGS--Continued

VARIATIONS

1. CREAMED EGGS AND HAM: Use only 50 eggs and add 6 pounds 4 ounces cubed cooked ham. One portion provides the equivalent of 2 ounces protein-rich food.
2. CREAMED EGGS AND LUNCHEON MEAT: Use only 50 eggs and add 6 pounds 4 ounces cubed luncheon meat. One portion provides the equivalent of 2 ounces protein-rich food.
3. CREAMED EGGS AND FRANKFURTERS: Use only 50 eggs and add 6 pounds 4 ounces sliced frankfurters. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Creamed Eggs on Cheese Biscuits Tossed Green Salad with Spinach Raspberries Graham Crackers Butter or Margarine 1/2 Pint Milk	Creamed Eggs on Toast Wedges Baked Potato, White or Sweet Green Asparagus Salad Apple and Raisin Cobbler Butter or Margarine 1/2 Pint Milk	

CREAMED TURKEY

Main Dishes (protein-rich) D-28

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb.	1 qt.	Butter or margarine	1. Prepare white sauce (card H-8 or H-9).
1 lb.	1 qt., sifted	All-purpose flour	
2 oz.	1/4 cup	Salt	
.....	2 gal.	Hot milk	
.....	1/2 tsp. ...	Pepper	
12 lb. 8 oz.	2-1/2 gal. .	Diced cooked turkey	2. Add turkey. Heat and serve on rice, noodles, or toast.

PORTION: About 1/2 cup--provides 2 ounces cooked lean meat.

VARIATIONS

1. CREAMED CHICKEN: Use 12 pounds 8 ounces diced cooked chicken in place of turkey. One portion provides 2 ounces cooked lean meat.
2. CURRIED TURKEY: Add 2 to 3 teaspoons curry powder. One portion provides 2 ounces cooked lean meat.
3. TURKEY A LA KING: Add 2 cups chopped green pepper and 2 cups chopped pimientos. One portion provides 2 ounces cooked lean meat.

(over)

CREAMED TURKEY--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p> Creamed Turkey on Rice Buttered Green Asparagus Cranberry Sauce Apple or Other Fruit Muffin Butter or Margarine 1/2 Pint Milk </p>	<p> Creamed Turkey on Mashed Potatoes Buttered Broccoli Date Cup Cake Apple Butter Whole Wheat Roll Butter or Margarine 1/2 Pint Milk </p>	

DEVILED EGGS

Main Dishes (protein-rich) D-29

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
.....	100.....	Hard-cooked eggs.	1. Peel hard-cooked eggs. Cut in halves lengthwise. Remove yolks and mash them.
1-1/2 oz.. 1 lb.....	3 tbsp..... 2 tbsp..... 3 cups..... About 3 cups	Salt Powdered dry mustard Finely chopped sweet pickle Cooked salad dressing (card F-2)	2. Add salt, mustard, pickle, and salad dressing. Mix until well blended. 3. Fill each half egg with about 1 tablespoon yolk mixture.

PORTION: 2 stuffed egg halves--provides 1 egg.

VARIATION

1. DEVILED EGGS DELUXE: Add 2 pounds (1 quart) cottage cheese to the filling mixture. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

DEVILED EGGS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Deviled Eggs Collards or Other Greens Hot Potato Salad Caramel Bread Pudding Bread Butter or Margarine 1/2 Pint Milk	Deviled Eggs Creamed Green Asparagus on Toast Spanish Rice Apricot Upside-Down Cake Butter or Margarine 1/2 Pint Milk	

FRANKFURTER CASSEROLE

Main Dishes (protein-rich) D-30

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb.	2 cups	Butter or margarine	1. Prepare white sauce (card H-8 or H-9).
1 lb. 1-1/2 oz.	1 qt., sifted 3-1/3 tbsp. 1-1/2 gal. .	All-purpose flour Salt Hot milk	
4 lb.	3-1/4 qt. .	Sliced carrots	
1 lb. 4 oz. 3/4 oz. ...	2-1/4 qt. . 3 qt. 1-1/2 tbsp.	Uncooked noodles Boiling water.... Salt	
12 lb. 8 oz.	Frankfurters.....	4. Place a layer of noodles in 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches) and slice frankfurters over noodles. Add alternate layers of carrots and peas. Pour white sauce over all.
5 lb.	3 qt.	Drained canned peas	
8 oz.	2 cups	Fine dry bread crumbs	5. Top with crumbs that have been mixed with butter or margarine.
2 oz.	1/4 cup ...	Butter or margarine	6. Bake at 350° F. (moderate) about 35 to 40 minutes or until brown.

PORTION: 3/4 cup--provides 2 ounces cooked lean meat.

FRANKFURTER CASSEROLE--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Frankfurter Casserole</p> <p>Tomatoes</p> <p>Baked Apple Stuffed with Raisins</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Frankfurter Casserole</p> <p>Collards or Other Greens</p> <p>Fruit Cup</p> <p>Plain Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 lb. 1 oz. 2 gal. 2 tbsp.	Spaghetti Boiling water..... Salt	1. Cook spaghetti (card B-6).
14 lb. 8 oz. 3 lb. 2 qt.	Ground beef..... Finely chopped onion	2. Cook beef and onion until beef is brown and onion is tender.
2 lb. 4 lb. 12 oz. 6 oz. 1 oz.	2 qt. 2 qt. 1-1/2 qt. 3/4 cup... 2 tbsp. ...	Grated cheese..... Tomato paste Tomato puree Salt	3. Blend cheese with the meat mixture. Add the tomato paste and puree, salt, and sugar. 4. Stir in spaghetti and mix. 5. Reheat and serve.

PORTION: 1 cup--provides the equivalent of 2 ounces protein-rich food and about 1/4 cup vegetable.

VARIATION

1. STUFFED PEPPERS: Prepare 1/2 the recipe for ground beef and spaghetti. Using a No. 8 scoop (1/2 cup), fill halves of parboiled green peppers with ground beef and spaghetti mixture. Place in baking pans and bake at 400° F. (hot) until brown. One portion provides the equivalent of 1 ounce protein-rich food and about 1/4 cup vegetable.

GROUND BEEF AND SPAGHETTI--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Ground Beef and Spaghetti</p> <p>Cole Slaw</p> <p>Peach Crisp</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Ground Beef and Spaghetti</p> <p>Turnip Greens or Other Greens</p> <p>Grapefruit Salad</p> <p>Oatmeal Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

HAM AND BEAN SCALLOP

Main Dishes (protein-rich) D-32

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
5 lb. 8 oz. 2 oz. 2 gal..... 1/4 cup....	Dry beans Water Salt	1. Soak and cook beans (card D-1).
12 oz.	1-1/2 cups	Butter or margarine Finely chopped onion	
1 lb.	2-2/3 cups	All-purpose flour	
6 oz.	1-1/2 cups, sifted	Powdered dry mustard	2. Melt butter or margarine; add onion and cook until tender. Blend in flour, dry mustard, and salt. Stir into milk. Cook until thickened, stirring frequently. 3. Add the cheese and Worcestershire sauce.
.....	1 tbsp.	Salt	
3/4 oz.	1-1/3 tbsp.	Hot milk.....	
.....	1 gal.	Grated cheese.....	4. Combine beans, ham, and sauce. 5. Place in 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches).
1 lb. 8 oz.	1-1/2 qt. .. 1/3 cup....	Worcestershire sauce	
3 lb. 6 oz.	2-3/4 qt. ..	Diced cooked smoked ham	
8 oz.	2 cups.....	Fine dry bread crumbs	6. Top with crumbs which have been mixed with the butter or margarine. 7. Bake at 350° F. (moderate) about 40 minutes.
2 oz.	1/4 cup....	Butter or margarine	

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food. (over)

HAM AND BEAN SCALLOP--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Ham and Bean Scallop</p> <p>Turnip Greens or Other Greens</p> <p>Celery Sticks</p> <p>Fruit Cup</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Ham and Bean Scallop</p> <p>Buttered Whole Carrots</p> <p>Orange Wedges</p> <p>Bran Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

HAMBURGERS

Main Dishes (protein-rich) D-33

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
17 lb. 1 lb. 2 oz. 2-2/3 cups 1/4 cup...	Ground beef..... Chopped onion.... Salt.....	1. Mix ingredients to blend. 2. Portion with a No. 12 scoop (1/3 cup) on to greased sheet pans. Flatten with a spatula. <u>or</u> Shape patties and arrange in 3 layers on sheet pans. Separate the layers with 3-inch-wide strips of aluminum foil. 3. Bake single layers at 400° F. (hot) 15 minutes for medium, 20 minutes for well-done meat. Bake 3 layers at 375° F. (moderate) 35 to 40 minutes or until done. 4. If desired, serve on a heated buttered bun with a slice of dill pickle.

PORTION: 1 patty--provides 2 ounces cooked lean meat.

(over)

HAMBURGERS--Continued

VARIATION

1. CHEESEBURGERS: Prepare half the amount of hamburger mix; portion with a No. 24 scoop (2-2/3 tablespoons). Bake at 400° F. for 10 minutes, place on a buttered bun, and top with a 1-ounce slice of cheese. Return to oven for 5 minutes to heat. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Hamburgers on Buns Potato Salad Tomato Slices Onion Slices and Pickles Ice Cream Butter or Margarine 1/2 Pint Milk	Hamburgers on Buns Buttered Green Peas Radishes Canteloup or Orange Butter or Margarine 1/2 Pint Milk	

HAM LOAF

Main Dishes (protein-rich) D-34

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
..... 1 lb.	2-1/4 qt. . 1 qt.	Lukewarm water Oatmeal	1. Pour water over oatmeal, allow to stand 10 minutes.
.....	3-1/4 cups (16)	Eggs, slightly beaten	2. Add eggs, crumbs, half the tomato puree, and season- ings. Mix well.
3 lb.	3 qt.....	Coarse dry bread crumbs	
.....	2-1/4 qt. .	Tomato puree	
.....	2 tsp.	Powdered dry mustard	
1-1/2 oz. .	3 tbsp. ...	Salt	
8 lb.	Ground smoked ham	3. Add meat and mix thoroughly.
5 lb.	Ground fresh ham	4. Place 3 or 4 pounds of mix- ture in baking pans (4 by 10 by 4 inches) and shape into loaves.
5 lb.	Ground beef	5. Pour remaining tomato puree over loaves.

PORTION: 1 slice, 3-1/2 by 2-1/2 by 1 inch (4 ounces)--provides the equivalent of 2 ounces protein-rich food.

HAM LOAF--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Ham Loaf</p> <p>Mashed Rutabaga</p> <p>Applesauce</p> <p>Biscuit</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Ham Loaf</p> <p>Chinese Cabbage Salad</p> <p>Potato Puff</p> <p>Honey-Nut Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

LIVER CREOLE

Main Dishes (protein-rich) D-35

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb. 1 lb. 1 lb. 1 qt., sifted 2 cups	Beef liver..... All-purpose flour Fat or oil.....	1. Skin liver and cut in 1/2-inch cubes. Dredge with flour and brown in fat or oil.
1 lb. 1 lb. 4 lb.	2-2/3 cups 3 cups..... 1 gal.	Chopped onion.... Chopped green peppers Chopped celery...	2. Add vegetables. Cover and simmer 20 minutes.
3 oz. 1-1/2 oz.	1/3 cup.... 3 tbsp. 1-1/4 gal. . 1-1/2 cups	Salt Sugar Canned tomatoes Catsup	3. Stir in seasonings, tomatoes, and catsup. Simmer 15 minutes. 4. Remove cover and cook 10 minutes longer, stirring occasionally.

PORTION: 1/2 cup--provides 2 ounces cooked lean meat and 1/4 cup vegetable.

(over)

LIVER CREOLE--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Liver Creole on Whipped Potatoes</p> <p>Grapefruit Juice</p> <p>Peach Tapioca</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Liver Creole on Rice</p> <p>Steamed Cabbage</p> <p>Baked Apple Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

MACARONI AND CHEESE

Main Dishes (protein-rich) D-36

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
6 oz.	3/4 cup	Butter or margarine	1. Prepare white sauce (card H-8 or H-9).
6 oz.	1-1/2 cups, sifted	All-purpose flour	
3 oz.	1/3 cup	Salt	
.....	1-1/2 gal.	Hot milk	2. Add the mustard and cheese; stir until blended.
.....	2-2/3 tbsp.	Powdered dry mustard	
6 lb. 4 oz.	1 gal. 2-1/4 qt.	Grated cheese	
3 lb. 12 oz.	3-3/4 qt.	Macaroni	3. Cook macaroni (card B-6). 4. Combine macaroni and cheese sauce. 5. Pour into 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches), about 3 quarts or 6 pounds 12 ounces per pan. 6. Bake at 350° F. (moderate) 1 hour or until brown.
.....	2-1/4 gal.	Boiling water.....	
2 oz.	1/4 cup	Salt	

PORTION: 1/2 cup--provides 1 ounce cheese.

(over)

MACARONI AND CHEESE--Continued

VARIATIONS

1. MACARONI, CHEESE, AND EGGS: Use only 4 pounds 8 ounces (1 gallon 2 cups) grated cheese and add 28 hard-cooked eggs, quartered. One portion provides the equivalent of 1 ounce protein-rich food.
2. MACARONI, CHEESE, AND HAM: Use only 4 pounds 8 ounces (1 gallon 2 cups) grated cheese and add 1 pound 12 ounces (1-1/2 quarts) diced cooked ham. One portion provides the equivalent of 1 ounce protein-rich food.
3. MACARONI, CHEESE, AND DRIED BEEF: Use only 4 pounds 8 ounces (1 gallon 2 cups) grated cheese and add 1 pound 8 ounces dried beef. Reduce the salt to 1-1/2 ounces (3 tablespoons). One portion provides the equivalent of 1 ounce protein-rich food.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Macaroni and Cheese Buttered Green Peas Orange and Pineapple Fruit Cup Peanut Butter-Raisin Cookies Whole Wheat Bread Butter or Margarine 1/2 Pint Milk	Macaroni and Cheese Egg and Spinach Salad Tomato Juice Date Bar Vienna Bread Butter or Margarine 1/2 Pint Milk	

MEAT LOAF

Main Dishes (protein-rich) D-37

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
1 lb..... 1-1 1/2 qt...	Bread slices Milk	1. Beat bread and milk in mixer 2 minutes on low speed, or soak bread in the milk.
12 oz.....	2 cups....	Finely chopped onion	2. Combine bread mixture with the rest of the ingredients. Mix well (in mixer, 3 minutes at low speed).
12 oz.....	3 cups....	Finely chopped celery	3. Pack in greased loaf pans (4 by 10 by 4 inches), 4-3/4 cups or 2 pounds 8 ounces per pan.
13 lb..... 2 oz..... 1/4 cup... 1/4 cup...	Finely ground beef Salt	4. Bake at 375° F. (moderate) 1 hour and 10 minutes.
.....	1/2 cup...	Worcestershire sauce Chopped parsley..	
.....	1-1 1/4 qt... (25)	Eggs, slightly beaten	

PORTION: 1 slice, 5 by 1-3/4 by 3/4 inches (3 ounces)--provides the equivalent of 2 ounces protein-rich food.

MEAT LOAF--Continued

VARIATIONS

1. CHEESE-MEAT LOAF: Use only 10 pounds of ground beef and add 2 pounds (2 quarts) grated cheese. One portion provides the equivalent of 2 ounces protein-rich food.
2. BEEF-PORK LOAF: Use only 7 pounds 4 ounces ground beef and add 7 pounds ground fresh pork. One portion provides 2 ounces cooked lean meat.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Meat Loaf with Tomato Sauce	Meat Loaf	
Potato in Jacket, Sweet or White	Creamed Broccoli	
Combination Vegetable Salad	Carrot and Raisin Salad	
Hot Roll	Rye Bread	
Honey-Butter or -Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

MEAT SAUCE

Main Dishes (protein-rich) D-38

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	18.....	Garlic cloves, minced	1. In steam jacketed kettle or heavy pot, brown the garlic and onion lightly in the fat or oil.
1 lb 2 oz..	3 cups.... 1 cup.....	Chopped onion..... Fat or oil.....	
8 lb. 8 oz.	Ground beef.....	2. Add ground beef and cook until meat is brown.
..... 3 lb. 8 oz. 4 oz.....	2-1/4 qt.. 1-1/2 qt.. 3 qt..... 1 tbsp ... 1/2 cup.. 1 tbsp....	Tomato puree..... Tomato paste Water..... Sugar Salt..... Worcestershire sauce	3. Blend in tomato puree, tomato paste, water, sugar, salt, and Worcestershire sauce. 4. Simmer about 1 hour or until sauce is thick. 5. Serve over cooked spaghetti, noodles, macaroni (card B-6), or rice (card B-12).

PORTION: About 1/4 cup--provides 1 ounce cooked lean meat and 1/4 cup vegetable.

(over)

MEAT SAUCE--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Meat Sauce on Noodles</p> <p>Buttered Brussels Sprouts</p> <p>Tossed Green Salad</p> <p>Baked Custard</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Meat Sauce on Rice</p> <p>Kale or Other Greens</p> <p>Waldorf Salad</p> <p>Cheese Cube or Slice</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

OVEN-FRIED CHICKEN

Main Dishes (protein-rich) D-39

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	100.....	Chicken legs (thigh and drumstick) from 2 to 2-1/2 lb. ready-to-cook frying chicken	1. Wash and dry chicken.
42 lb.	Ready-to-cook frying chicken <u>or</u> Ready chicken, cut up	
1 lb. 8 oz.	1-1/2 qt., sifted	All-purpose flour	2. Roll chicken in the flour and salt which have been sifted together.
2 oz.	1/4 cup.....	Salt	
2-1/2 lb....	1-1/4 qt. ..	Fat Broth or water as needed	3. Brush each piece with melted fat <u>or</u> Brown chicken in deep fat at 360o F. 1 to 2 minutes. Remove and drain on paper toweling.
.....			4. Place chicken 1 layer deep in well-greased baking pans (19 by 13 by 3-1/2 inches).
				5. Add 1 cup broth or water to each pan. (If whole chicken is purchased, neck and rib back may be boiled to make broth.) (continued on back)

OVEN-FRIED CHICKEN--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				6. Cover and bake at 350° F. (moderate) 25 minutes. Remove cover and bake 20 minutes longer or until brown.
PORTION: 1 chicken leg (thigh and drumstick) <u>or</u> , if whole chicken is used, 1 meaty piece plus 1 bony piece--provides 2 ounces cooked lean meat.				
SUGGESTED MENUS				
Menu 1		Menu 2		Menu 3 School's Favorite
Oven-Fried Chicken with Gravy Mashed Potatoes Sliced Tomatoes Peach Cobbler Bread Butter or Margarine 1/2 Pint Milk		Oven-Fried Chicken Spinach or Other Greens Buttered Rice Waldorf Salad Cookies Roll Butter or Margarine 1/2 Pint Milk		

OVEN-FRIED OCEAN PERCH FILLETS

Main Dishes (protein-rich) D-40

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
20 lb.	Ocean perch filets (fresh or frozen)	1. Thaw frozen filets. Divide into 100 portions, using 3 ounces as an average weight.
1 oz. 2 lb.	2 tbsp. 1 qt. 2 qt.	Salt Milk Fine dry bread crumbs	2. Add salt to milk. Dip filets in milk, then roll in crumbs, using a small amount at a time. Place in single layer in well-greased baking pans.
1 lb.	2 cups.....	Melted fat or oil..	3. Pour melted fat or oil over the fish. 4. Bake at 500° F. (extremely hot) about 15 minutes or until fish is browned and flakes easily when tested with a fork.

PORTION: 1 portion--provides 2 ounces of cooked fish.

VARIATIONS

- 1. OVEN-FRIED COD FILLETS: Use 20 pounds cod filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.
- 2. OVEN-FRIED HADDOCK FILLETS: Use 20 pounds haddock filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.
- 3. OVEN-FRIED POLLOCK FILLETS: Use 20 pounds pollock filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.
- 4. OVEN-FRIED WHITING FILLETS: Use 20 pounds whiting filets in place of ocean perch filets. One portion provides 2 ounces cooked fish.

(over)

OVEN-FRIED OCEAN PERCH FILLETS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Oven-Fried Ocean Perch Fillets</p> <p>Spinach or Other Greens</p> <p>Pickled Beets and Onion Rings on Shredded Lettuce</p> <p>Prune Spice Cake</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Oven-Fried Ocean Perch Fillets</p> <p>Parsley Potatoes</p> <p>Hot or Cold Tomatoes</p> <p>Apricot Crisp</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

PORK CHOP SUEY

Main Dishes (protein-rich) D-41

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
20 lb.	Lean pork, cut in 2-inch strips	1. Brown the pork in fat or oil.
12 oz.	1-1/2 cups	Fat or oil.....	
.....	3 gal. 1-1/2 qt.	Bean sprout liquid and water	2. Add the liquid and simmer for 30 minutes.
7 lb. 8 oz.	1-3/4 gal. 2 cups	Celery, cut in 1-inch strips	3. Add celery, onions, bean sprouts, salt, pepper, and sugar. If cabbage is used, add it the last 10 minutes of cooking.
3 lb. 6 oz.	2-1/4 qt. ..	Sliced onions.....	
4 lb. 8 oz.	2-1/4 qt. ..	Canned bean sprouts	
4 lb. $\frac{8}{8}$ oz.	1 gal. $\frac{2-1}{2}$ cups	Shredded cabbage	
3 oz.	1/3 cup.....	Salt	
.....	1-1/2 tsp. .	Pepper	
6 oz.	3/4 cup....	Sugar	
1 lb. 3 oz.	4-1/4 cups	Cornstarch	4. Blend cornstarch with cold water and stir into the mixture. Simmer 30 minutes, stirring frequently.
.....	2 cups.....	Cold water	
.....	3 cups.....	Soy sauce	5. Add the soy sauce. 6. Serve with rice or Chinese noodles.

PORTION: 1/2 cup--provides 2 ounces cooked lean meat and about 1/4 cup vegetable.

(over)

PORK CHOP SUEY --Continued

VARIATIONS

1. VEAL CHOP SUEY: Use 18 pounds boneless veal in place of pork. One portion provides 2 ounces cooked lean meat and about 1/4 cup vegetable.
2. CHICKEN CHOP SUEY: Use only 10 pounds of pork and add 6 pounds 4 ounces (1-1/4 gallons) cooked diced chicken. Chicken broth may be used in place of water. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Pork Chop Suey on Rice Hot or Cold Tomatoes Fruit Betty Bread Butter or Margarine 1/2 Pint Milk	Pork Chop Suey on Chow Mein Noodles Cabbage-Pineapple Salad Banana or Other Fruit Hard Roll Butter or Margarine 1/2 Pint Milk	

SALMON LOAF

Main Dishes (protein-rich) D-42

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	10 cans (16 oz. each)	Salmon	1. Drain salmon; save the liquid. Flake the fish.
1 lb. 8 oz.	Uncooked rice	2. Cook rice (card B-12).
4 oz.	1/2 cup	Lemon juice.....	3. Combine all ingredients.
.....	1-1/2 tbsp.	Lemon rind	4. Pour into 3 well-greased baking pans (12 by 18 by 2 inches) set in pans of hot water.
5 oz.	1 cup	Chopped green pepper	5. Bake at 400° F. (hot) about 45 minutes or until loaf is firm in the center.
1 oz.	1 cup	Chopped parsley..	6. Serve with egg or parsley sauce (card H-8 or H-9).
.....	2 qt.	Fresh bread crumbs	
.....	2 qt. (40) ..	Eggs, beaten.....	
.....	2 qt.	Milk and salmon liquid	
2-1/2 oz.	1/3 cup	Salt	
.....	3 tbsp.	Baking powder...	

PORTION: 1 piece, 2 by 3 by 2 inches--provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. FISH FLAKE LOAF: Use 9 cans (14 ounces each) fish flakes in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.
2. FLAKED FISH LOAF: Use 7 pounds 8 ounces flaked cooked fish in place of salmon. One portion provides the equivalent of 2 ounces protein-rich food.

SALMON LOAF--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Salmon Loaf</p> <p>Stewed Tomatoes</p> <p>Tossed Green Salad</p> <p>Peach Whip</p> <p>Corn Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Salmon Loaf with Parsley Sauce</p> <p>Potatoes in Jackets</p> <p>Kale or Other Greens</p> <p>Cinnamon Apples</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

SCALLOPED BEEF AND POTATOES

Main Dishes (protein-rich) D-43

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
18 lb.	Pared potatoes	1. Slice potatoes.
17 lb.	Ground beef.....	2. Brown the beef and onion. Add salt.
3 oz.	1/2 cup ...	Chopped onion.....	
2 oz.	1/4 cup ...	Salt	
1 lb.	2 cups	Butter or Marga- rine	3. Prepare white sauce (card H-8 or H-9).
8 oz.	2 cups, sifted	All-purpose flour	4. Place alternate layers of potatoes and beef in 3 baking pans (12 by 18 by 2 inches). Cover with sauce, 2 quarts to each pan.
4 oz.	1/2 cup ...	Salt	5. Cover and bake at 350° F. (moderate) 1/2 hour. Remove cover and bake about 1 hour longer or un-til potatoes are cooked and top is brown.
2 gal.	Hot milk	

PORTION: 3/4 cup--provides 2 ounces cooked lean meat and 1/4 cup vegetable. (over)

SCALLOPED BEEF AND POTATOES--Continued

VARIATIONS

1. SCALLOPED FRANKFURTERS AND POTATOES: Use 12 pounds 8 ounces sliced frankfurters in place of ground beef and omit the onion. Place frankfurters between two layers of potatoes in baking pans. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.
2. SCALLOPED HAM AND POTATOES: Use 12 pounds 8 ounces cooked diced lean smoked ham in place of ground beef and omit the onion. Place ham between two layers of potatoes in baking pans. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Scalloped Beef and Potatoes Cole Slaw with Green Pepper Sliced Peaches Bran Muffin Butter or Margarine 1/2 Pint Milk	Scalloped Beef and Potatoes Buttered Broccoli Cherry Crisp Bread Butter or Margarine 1/2 Pint Milk	

SCRAMBLED EGGS

Main Dishes (protein-rich) D-44

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	1-1/4 gal. (100)	Eggs	1. Beat eggs slightly.
1-1/4 oz.	2-2/3 tbsp. 2-1/2 qt. . .	Salt Hot milk	2. Add salt and milk and mix.
1 lb.	2 cups	Melted butter or margarine	3. Pour 4 ounces (1/2 cup) butter or margarine into each of 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches). Then add about 2 quarts or 3 pounds 14 ounces egg mixture per pan. 4. Bake at 350° F. (moderate) about 40 minutes; stir once after 20 minutes baking.

PORTION: 1/3 cup--provides 1 egg.

VARIATIONS

- 1. SCRAMBLED EGGS AND CHEESE: Use only 1 gallon (85) eggs and add 1 pound 14 ounces (1 quart 3-1/2 cups) grated cheese. One portion provides the equivalent of 2 ounces protein-rich food.
- 2. SCRAMBLED EGGS AND HAM: Use only 1 gallon (85) eggs and add 1 pound 14 ounces (1-1/2 quarts) ground cooked ham. One portion provides the equivalent of 2 ounces protein-rich food.
- 3. SCRAMBLED EGGS AND DRIED BEEF: Use only 1 gallon (85) eggs and add 1 pound 8 ounces chopped dried beef. One portion provides the equivalent of 2 ounces protein-rich food.

SCRAMBLED EGGS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Scrambled Eggs</p> <p>Buttered Green Peas</p> <p>Grapefruit Juice</p> <p>Pineapple Upside-Down Cake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Scrambled Eggs</p> <p>Cooked Dry Lima Beans</p> <p>Chopped Raw Spinach and Tomato Salad</p> <p>Stewed Prunes</p> <p>Cornbread</p> <p>Butter of Margarine</p> <p>1/2 Pint Milk</p>	

SHEPHERD'S PIE

Main Dishes (protein-rich) D-45

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
17 lb. 1 lb. 2 cups..... 4-1/2 gal ..	Boneless beef Fat or oil..... Water	1. Cut beef in 1-inch cubes and brown in fat or oil. Add the water and simmer until meat is tender (card D-4).
2 lb. 4 oz.	2 qt., sifted 1/2 cup..... 1 tsp.	All-purpose flour Salt Gravy seasoning sauce	2. Skim off fat and blend with the flour and salt. Stir into beef mixture. Cook until thickened, stirring constantly. Add gravy seasoning sauce.
1 lb. 4 oz. 6 lb. 3 lb.	1 qt. 1 gal. 3 cups 3 qt.	Quartered onions .. Diced carrots Celery, cut in 1- inch pieces	3. Boil vegetables until tender (card J-3). 4. Add vegetables to meat. Mix carefully. 5. Divide mixture into 4 baking pans (12 by 16 by 3 inches).
12 lb. 1 oz. 8 oz. 2 cups..... 2 tbsp. 1 cup.....	Pared potatoes Hot milk..... Salt Melted butter or margarine	6. Prepare mashed potatoes (card J-12). 7. Using a No. 16 scoop (1/4 cup) portion mashed potatoes over beef mixture. 8. Bake at 400° F. (hot) until brown.

PORTION: 1 cup--provides 2 ounces cooked lean meat and 1/2 cup vegetable.

(over)

SHEPHERD'S PIE--Continued

VARIATION

1. SHEPHERD'S PIE WITH LAMB: Use 18 pounds lamb stew meat in place of beef. One portion provides 2 ounces cooked lean meat and 1/2 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Shepherd's Pie</p> <p>Jellied Fruit Salad</p> <p>Tomato Juice</p> <p>Cookies</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Shepherd's Pie</p> <p>Cranberry-Orange Salad</p> <p>Apple or Pear</p> <p>Honey</p> <p>Hot Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

SWISS STEAK

Main Dishes (protein-rich) D-46

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb.	Lean round steak, 1/2-inch thick	1. Cut steak into portions about 2-3/4 ounces each. Roll in the flour and salt which have been sifted together.
12 oz.	3 cups, sifted	All-purpose flour..	
2 oz.	1/4 cup..	Salt	
8 oz.	1 cup....	Fat or oil	2. Brown the steak in the fat or oil, place in 4 baking pans (12-1/2 by 20-1/2 by 2-1/4 inches). Pour 3 cups of water into each pan.
.....	3 qt.	Water.....	
2 lb.	2-1/3 cups	Sliced onions	3. Cover steak with onions, 8 ounces per pan. 4. Cover and bake at 325° F. (slow) 1-1/4 hours. Remove cover and bake 15 minutes longer or until brown.

PORTION: 1 slice--provides 2 ounces cooked lean meat.

VARIATION

1. PEPPER STEAK: Add 2 pounds sliced green peppers and use tomatoes or tomato juice in place of water. One portion provides 2 ounces cooked lean meat. (over)

SWISS STEAK--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Swiss Steak</p> <p>Stewed Tomatoes with Okra</p> <p>Buttered Corn</p> <p>Blueberry Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Swiss Steak</p> <p>Baked Potato, Sweet or White</p> <p>Canned Peaches</p> <p>Hard Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb. 4 oz. 2-1/4 oz. ..	1-3/4 qt. . 1-3/4 qt. . 1-1/2 gal. 1/4 cup ..	White cornmeal ... Cold water..... Boiling water..... Salt	1. Mix cornmeal with the cold water and stir into boiling salted water. Cover and cook over boiling water for 40 minutes.
1 lb. 8 oz. .	1 qt.	Finely chopped onion	2. Cook onion, green pepper, and beef in the fat or oil until onion is tender and meat is brown.
1 lb.	3 cups	Finely chopped green pepper	
8 lb. 8 oz. . 8 oz. 1 cup	Ground beef..... Fat or oil	
..... 1-1/2 oz. . 3 oz.	3-3/4 qt. . 3 tbsp. . 2/3 cup ..	Canned tomatoes . Salt .. Chili powder (1-1/2 oz. for a mild flavor)	3. Add tomatoes, salt, and chili powder. Cook until thick, about 15 minutes. Add olives, if desired.
2 lb.	1-3/4 qt. .	Sliced ripe olives, if desired	4. Stir half the cornmeal mixture (1-1/4 gallons or 11 pounds) into meat mixture.
				5. Combine all the cornmeal mixture with the meat and eliminate step 6. Pour into 4 greased baking pans (10-1/2 by 16-1/2 by 2-1/2 inches).

TAMALE PIE--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				6. Using a No. 30 scoop (2-1/5 table- spoons), portion remaining corn- meal mixture over beef mixture. Brush with melted butter or marga- rine.
				7. Bake at 375° F. (moderate) 20 minutes.

PORTION: 2/3 cup--provides 1 ounce cooked lean meat.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Tamale Pie Buttered Carrots Green Asparagus and Egg Salad Whole Wheat Bread Butter or Margarine 1/2 Pint Milk	Tamale Pie Buttered Cauliflower Raw Spinach and Lettuce Salad Orange-Coconut Custard Whole Wheat Bread Butter or Margarine 1/2 Pint Milk	

TONGUE

Main Dishes (protein-rich) D-48

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
22 lb.	Beef tongue..... Water, to cover	1. Place tongues in stock pot and add water. Simmer until tender (card D-4), adding more water if necessary. 2. Cool slightly. Trim and skin while tongues are still warm. Slice. 3. Serve over cooked greens.

PORTION: 1 slice--provides 2 ounces cooked lean meat. (over)

TAMALE PIE--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				6. Using a No. 30 scoop (2-1/5 table- spoons), portion remaining corn- meal mixture over beef mixture. Brush with melted butter or marga- rine. 7. Bake at 375° F. (moderate) 20 minutes.

PORTION: 2/3 cup--provides 1 ounce cooked lean meat.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Tamale Pie Buttered Carrots Green Asparagus and Egg Salad Whole Wheat Bread Butter or Margarine 1/2 Pint Milk	Tamale Pie Buttered Cauliflower Raw Spinach and Lettuce Salad Orange-Coconut Custard Whole Wheat Bread Butter or Margarine 1/2 Pint Milk	

TONGUE

Main Dishes (protein-rich) D-48

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
22 lb.	Beef tongue..... Water, to cover	1. Place tongues in stock pot and add water. Simmer until tender (card D-4), adding more water if necessary. 2. Cool slightly. Trim and skin while tongues are still warm. Slice. 3. Serve over cooked greens.

PORTION: 1 slice--provides 2 ounces cooked lean meat. (over)

TONGUE --Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Tongue</p> <p>Chard or Mixed Greens</p> <p>Mashed Potatoes, Sweet or White</p> <p>Cake with Butter Cream Frosting</p> <p>Cornbread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Tongue</p> <p>Stewed Tomatoes</p> <p>Hash Browned Potatoes</p> <p>Rice Pudding</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

TUNA AND CHEESE BISCUIT ROLL

Main Dishes (protein-rich) D-49

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	26 cans (6-1/2 or 7 oz. each)	Tuna	1. Drain tuna. Flake.
12 oz. 1 lb.	2 cups 2 cups	Chopped onion Melted butter or margarine	2. Cook onion in butter or margarine until tender. Blend in flour. Stir into the milk. Cook until thickened, stirring constantly. Add cheese and blend. Stir in tuna. Cool.
8 oz. 3 lb.	2 cups 2 qt. 3 qt.	All-purpose flour Hot milk Grated cheese	
9 lb.	2 gal.	Biscuit mix (card B-1)	3. Prepare biscuit dough (card B-1). Roll into 16 rectangular pieces about 12 by 8 by 1/8 inch. 4. Spread each piece with 2 cups tuna filling. Roll like a jelly roll and seal ends and edges. Cut tops of rolls in 3 places. 5. Place on 4 well-greased sheet pans (15 by 20 by 1 inch). 6. Bake at 400° F. (hot) 15 to 20 min- utes or until biscuit browns.

PORTION: 2-inch slice--provides the equivalent of 2 ounces protein-rich food.

(over)

TUNA AND CHEESE BISCUIT ROLL--Continued

VARIATIONS

1. FLAKED FISH AND CHEESE BISCUIT ROLL: Use 9 pounds 8 ounces flaked cooked fish in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.
2. SALMON AND CHEESE BISCUIT ROLL: Use 12 cans (16 ounces each) salmon in place of tuna. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Tuna and Cheese Biscuit Roll with Tomato Sauce Buttered Broccoli Peach Salad Biscuits Butter or Margarine 1/2 Pint Milk	Tuna and Cheese Biscuit Roll Glazed Carrots Buttered Green Beans Orange Biscuit Butter or Margarine 1/2 Pint Milk	

TUNA PIE

Main Dishes (protein-rich) D-50

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	34 cans (6-1/2 or 7 oz. each)	Tuna	1. Drain tuna. Flake.
2 lb. 1 lb. 8 oz.	2 qt. 3 cups	All-purpose flour Melted butter or margarine Water	2. Brown flour in butter or margarine. Gradually add water. Cook until thickened, stirring constantly.
.....	2-1/2 gal. .	Cooked sliced onion	3. Add vegetables, salt, and tuna. Pour into 4 pans (12 by 18 by 2 inches).
.....	3 qt.	Cooked chopped celery	
.....	3 qt.	Cooked sliced carrots	
.....	2-1/2 gal...	Cooked diced potatoes	
5 oz.	2/3 cup	Salt	
2 lb. 1/2 oz. ... 1 lb. 8 oz.	2 qt., sifted 1 tbsp. 3 cups	All-purpose flour. Salt	4. Prepare pastry (card C-20). Roll pastry into 4 rectangles (14 by 20 inches). Cover tuna mixture, seal edges, and prick tops with fork.
.....	1-1/3 cups	Shortening	5. Bake at 450° F. (very hot) about 25 to 30 minutes or until brown.
.....		Cold water	

PORTION: 1 cup--provides 2 ounces cooked fish and 3/4 cup vegetable. (over)

TUNA PIE--Continued

VARIATIONS

1. FISH FLAKE PIE: Use 15 cans (14 ounces each) fish flakes in place of tuna. One portion provides 2 ounces cooked fish and 3/4 cup vegetable.
2. FLAKED FISH PIE: Use 12 pounds 8 ounces flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and 3/4 cup vegetable.
3. SALMON PIE: Use 16 cans (16 ounces each) salmon in place of tuna. One portion provides 2 ounces cooked fish and 3/4 cup vegetable.
4. SHRIMP PIE: Use 12 pounds 8 ounces cooked, peeled and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and 3/4 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Tuna Pie Apple Salad Tomato Juice Caramel-Nut Pudding Bread Butter or Margarine 1/2 Pint Milk	Tuna Pie Orange Juice Banana Cup Cakes Rolls Butter or Margarine 1/2 Pint Milk	

TURKEY LOAF

Main Dishes (protein-rich) D-51

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
1 lb. 4 oz.	2-1/2 cups 1-3/4 qt. . . 1-1/4 tsp. .	Uncooked rice Boiling water Salt	1. Cook rice (card B-12).
.....	1-3/4 cups (24)	Egg yolks	
..... 2 oz. 6 oz. 9 lb. 8 oz.	3 qt. 1/4 cup 1 cup 1-7/8 gal. .	Milk Salt Chopped onion Diced cooked turkey	
1 lb. 4 oz.	Soft bread cubes	2. Blend egg yolks and milk. Mix in salt, onion, cooked rice, turkey, and bread cubes.
.....	2-1/3 cups (24)	Egg whites	
.....				
.....	3 qt.	Turkey gravy (card H-2)	3. Beat egg whites until stiff and fold into turkey mixture.
				4. Place in 3 greased baking pans (12 by 16 by 3 inches).
				5. Bake at 375° F. (moderate) about 50 minutes.
				6. Serve with turkey gravy.

PORTION: About 1/3 cup plus 2 tablespoons gravy--provides the equivalent of 2 ounces protein-rich food.

TURKEY LOAF--Continued

VARIATION

1. CHICKEN LOAF: Use 9 pounds 8 ounces (1-7/8 gallons) diced cooked chicken in place of turkey. One portion provides the equivalent of 2 ounces protein-rich food.		
SUGGESTED MENUS		
Menu 1	Menu 2	Menu 3 School's Favorite
Turkey Loaf	Turkey Loaf	
Stewed Tomatoes	Baked Sweet Potatoes	
Buttered Green Snap Beans	Tossed Green Salad	
Oatmeal Cookies	Jellied Fruit	
Whole Wheat Bread	Roll	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

TURKEY PIE (with biscuit topping)

Main Dishes (protein-rich) D-52

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
3 lb.	3 qt.	Diced celery	1. Cook vegetables (card J-3). Drain. Save liquid for sauce.
3 lb.	2-1/2 qt. ..	Diced carrots	
2 lb. 4 oz.	2-1/4 qt., sifted	All-purpose flour	2. Blend flour, salt, and fat; stir into hot liquid. Cook until thickened, stirring constantly.
3 oz. 2 lb. 4 oz.	1/3 cup 4-1/2 cups	Salt	
.....	Turkey fat, butter, or margarine	
.....	2-1/4 gal. .	Hot liquid (skimmed broth and vege- table liquid)	
..... 1 lb. 12 lb. 8 oz.	1-1/2 qt. . 2-2/3 cups 2-1/2 gal. .	Peas, drained..... Chopped onion..... Diced cooked turkey	3. Combine sauce, celery, carrots, peas, onion, and turkey. 4. Place in 4 baking pans (12 by 16 by 3 inches). 5. Bake at 425° F. (hot) 30 minutes.
.....	100.....	Unbaked 2-inch biscuits (card B-1)	6. Remove from oven. Top with biscuits. 7. Bake at 450° F. (very hot) 12 to 15 minutes.

PORTION: 3/4 cup plus 1 biscuit--provides 2 ounces cooked lean meat and 1/4 cup vegetable.

(over)

TURKEY PIE (with biscuit topping)--Continued

VARIATION

1. CHICKEN PIE (with biscuit topping): Use 12 pounds 8 ounces (2-1/2 gallons) diced cooked chicken in place of turkey. One portion provides 2 ounces cooked lean meat and 1/4 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Turkey Pie (with biscuit topping)</p> <p>Tossed Green Salad</p> <p>Orange Juice</p> <p>Prune-Spice Cake</p> <p>Biscuit</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Turkey Pie (with biscuit topping)</p> <p>Kale or Other Greens</p> <p>Jellied Fruit Salad</p> <p>Biscuit</p> <p>Honey-Butter or-Margarine</p> <p>1/2 Pint Milk</p>	

VEAL-BEEF PATTIES

Main Dishes (protein-rich) D-53

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
14 lb	Ground veal.....	1. Combine all ingredients and mix thoroughly.
4 lb	Ground beef.....	2. Portion with a No. 8 scoop (1/2 cup) and shape into patties.
.....	2 qt.	Milk.....	3. Place on greased baking pans (10-1/2 by 16-1/2 by 2-1/2 inches).
.....	1 tsp.....	Powdered dry mustard	4. Bake covered at 400° F. (hot) 30 minutes. Uncover and continue baking until brown (about 20 minutes).
4 oz.....	1/2 cup..	Salt	
.....	1-1/3 tbsp.	Onion juice	
1 lb. 4 oz..	1-1/4 qt....	Dry bread crumbs	
.....	1 cup (5) .	Eggs, beaten	

PORTION: 1 patty (2-3/4 ounces)--provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

- 1. VEAL-PORK PATTIES: Use 5 pounds ground pork in place of ground beef. One portion provides the equivalent of 2 ounces protein-rich food.
 - 2. VEAL PATTIES: Use 19 pounds veal in place of ground veal and beef and 2 quarts tomato juice in place of milk. One portion provides the equivalent of 2 ounces protein-rich food.
- (over)

VEAL-BEEF PATTIES--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Veal-Beef Patties</p> <p>Buttered Green Asparagus</p> <p>Creamed Potatoes</p> <p>Applesauce Cake</p> <p>Vienna Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Veal-Beef Patties</p> <p>Buttered Parsnips</p> <p>Cabbage Slaw</p> <p>Peach Cobbler</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	



1. Use interesting, colorful combinations of fruits and vegetables (fresh, canned, dried, or frozen).
2. Prepare as near serving time as possible.
3. Have good tools--vegetable brush, sharp knives, mechanical cutters, and cutting boards.
4. Wash fresh salad materials gently but thoroughly.
5. Drain all salad materials well before using them.
6. Cut, slice, or shred salad materials into desired shapes or bite-sized pieces.
7. Mix cooked vegetable salads lightly with french dressing or mayonnaise and chill about 1 hour before serving. Add dressings to all other salads just before serving them.
8. Handle salad ingredients gently. Toss or mix them lightly with forks.
9. Keep all salad materials and finished salads refrigerated except during actual handling. Cover salad greens with a damp towel to help keep them fresh and crisp.

SUGGESTED COMBINATIONS FOR CABBAGE SALADS

Salad E-2

1. GREEN CABBAGE, CARROTS, PINEAPPLE--Mayonnaise thinned with orange juice.
2. CABBAGE, CARROTS, BANANAS--Mayonnaise thinned with lemon juice.
3. CABBAGE, CUCUMBERS, TOMATOES, ONIONS--Cooked salad dressing.
4. CABBAGE, APPLES, NUTS--Sour cream dressing.
5. CABBAGE, CARROTS, GREEN PEPPERS--Peanut butter-sweet french dressing.
6. CABBAGE, CARROTS, CELERY, PEANUTS--Thousand Island dressing.
7. CABBAGE, PINEAPPLE, BANANAS--Mayonnaise.
8. CABBAGE, GREEN PEPPERS, RAW BEETS--French dressing with cottage cheese.
9. CABBAGE, CARROTS, WATER CRESS--Mayonnaise thinned with lemon juice.
10. CABBAGE, APPLES, RAISINS--Mayonnaise or cooked salad dressing.
11. CABBAGE, ORANGES--French dressing made with sweet pickle vinegar.
12. CABBAGE, HARD-COOKED EGGS, PECANS--Basic french or cooked salad dressing.
13. CABBAGE, ONIONS, GREEN PEAS--Sour cream dressing.
14. CABBAGE, PECANS, CARROTS--Mayonnaise or cooked salad dressing.
15. CABBAGE, PIMIENTOS, GREEN PEPPERS--Basic french dressing.

SUGGESTED COMBINATIONS FOR FRUIT SALADS

Salads E-3

1. APPLES, CELERY, DATES, NUTS--Mayonnaise thinned with lemon juice and honey.
2. DRIED FIGS, GRAPEFRUIT, ORANGES, APPLES, NUTS--Sweet french dressing.
3. CRANBERRIES, GRAPEFRUIT, DATES--Mayonnaise.
4. FRESH PEACHES, CANTALOUF, STRAWBERRIES--Sour cream dressing.
5. KADOTA FIGS, ORANGES, APPLES--Mayonnaise.
6. BANANAS, ORANGES, COCONUT--Sweet french dressing.
7. APRICOTS, PINEAPPLE CHUNKS, KADOTA FIGS--Basic french dressing.
8. PEACHES, ORANGES, CHERRIES, BANANAS--Sweet french dressing.
9. PEARS, ORANGES, GRAPE--Mayonnaise.
10. DRIED FIGS, DRIED APRICOTS, ORANGES--Sweet french dressing.
11. PEARS, BANANAS, BLUEBERRIES--Honey-french dressing.
12. RAW CRANBERRIES, UNPEELED DICED APPLES, BANANAS--Basic french dressing.
13. APPLES, PEARS, CELERY, NUTS--Mayonnaise.
14. ORANGES, BANANAS, GRAPE--Basic french dressing.
15. PEARS, MELON, ORANGES--Sweet french dressing.

1. COOKED CARROTS, POTATOES, GREEN PEAS, GREEN BEANS, PIMIENTOS--Basic french dressing.
2. RAW SPINACH, CAULIFLOWER, BROCCOLI, CELERY, GREEN PEPPERS--Basic french dressing.
3. RAW CARROTS, WATER CRESS, LETTUCE, CELERY--Mayonnaise diluted with lemon juice.
4. CELERY, WHOLE GRAIN CORN, SWEET RED PEPPERS--Sour cream dressing.
5. COOKED GREEN BEANS, CELERY, ONIONS, PIMIENTOS--Basic french dressing.
6. COOKED GREEN LIMA BEANS, RAW CAULIFLOWER, RAW CARROTS--French dressing with hard-cooked egg, grated onion and sweet relish.
7. CUCUMBERS, ONIONS, TOMATOES, CHICORY--Basic french dressing.
8. RAW SPINACH, TOMATOES, CELERY, ONIONS--Cooked salad dressing.
9. RAW CARROTS, CELERY, CUCUMBERS, GREEN PEPPERS--Mayonnaise.
10. ENDIVE, DICED COOKED BEETS, CELERY, GREEN ONIONS--Basic french dressing.

CHEESE AND KIDNEY BEAN SALAD

Salads (protein-rich) E-5

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
5 lb. 8 lb.	1 gal. 1-1/4 gal.	Diced cheese Canned or cooked kidney beans (card D-1)	1. Combine all ingredients. Toss lightly. 2. Refrigerate for 1 hour to blend flavors. 3. Portion with a No. 8 scoop (1/2 cup).
2 lb. 8 oz.	2 qt.	Coarsely chopped sweet pickle	
2 lb. 8 oz.	2-1/2 qt. ..	Coarsely chopped celery	
8 oz.	1-1/3 cups	Coarsely chopped onion
3 oz.	1/3 cup	Salt	
.....	20	Hard-cooked eggs, diced	
1 lb. 8 oz.	3 cups	Mayonnaise (card F-3)
3 oz.	1/3 cup	Prepared mustard	
.....	1/3 cup	Pickle liquid	

PORTION: About 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. TURKEY, CHICKEN, OR VEAL AND KIDNEY BEAN SALAD: Use 5 pounds (1 gallon) cooked turkey, chicken, or veal in place of cheese. One portion provides the equivalent of 2 ounces protein-rich food.

CHEESE AND KIDNEY BEAN SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Cheese and Kidney Bean Salad</p> <p>Scalloped Tomatoes</p> <p>Applesauce</p> <p>Cookies</p> <p>Vienna Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Cheese and Kidney Bean Salad</p> <p>Onion-Tomato Soup</p> <p>Strawberries</p> <p>Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
..... 2 lb.	1-1/4 qt. . . 1 qt. 2 tbsp.	Vinegar..... Sugar..... Celery seed.....	1. Combine vinegar, sugar, celery seed, salt, and pepper. Mix well. 2. Stir vinegar mixture into shredded cabbage and let stand at least 10 minutes. Serve cold.
1/2 oz....	1 tbsp.	Salt	
..... 13 lb.	2 tsp. 3-1/4 gal. .	Pepper Shredded cabbage	

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATIONS

- 1. CABBAGE-PEPPER SLAW: Use 1 quart of sliced green pepper in place of 1 quart of shredded cabbage. One portion provides 1/2 cup vegetable.
- 2. CABBAGE-CARROT SLAW: Use only 7 pounds (1-3/4 gallons) shredded cabbage and add 7 pounds (1-3/4 gallons) shredded carrots. One portion provides 1/2 cup vegetable.

EGG SALAD

Salads (protein-rich) E-7

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	100	Hard-cooked eggs, chopped	1. Combine all ingredients and mix thoroughly. Chill. 2. Portion with a No. 12 scoop (1/3 cup).
3 lb.	3 qt.....	Chopped celery...	
2 lb. 10 oz.	2 qt.....	Chopped sweet pickle	
1 lb. 5 oz.	2-2/3 cups	Mayonnaise (card F-3)	
2 oz.	1/4 cup...	Salt	
.....	1-1/3 tbsp.	Grated onion	
.....	2 tsp.	Prepared mustard	
.....	2/3 cup ...	Pickle liquid	

PORTION: 1/3 cup--provides 1 egg.

VARIATION

- 1. EGG AND CHICKEN SALAD: Use only 30 hard-cooked eggs and add 2 pounds 8 ounces (2 quarts) chopped cooked chicken. One portion provides the equivalent of 2 ounces protein-rich food.

EGG SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Egg Salad</p> <p>Buttered Carrots</p> <p>Tomato Wedges</p> <p>Apple Crisp</p> <p>Bran Muffin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Egg Salad</p> <p>Buttered Green Beans with Onions</p> <p>Oven-browned Sweet Potatoes</p> <p>Orange or Other Citrus Fruit</p> <p>Whole Wheat Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

HOT POTATO SALAD

Salads E-8

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
2 lb.....	Bacon, cut in 1/2-inch pieces	1. Heat bacon, add onion, and cook slowly until brown.
1 lb.	2-2/3 cups	Chopped onion.....	
.....	1 1/4 qt....	Vinegar.....	2. Add vinegar, water, salt, and sugar and heat to boiling.
.....	1 qt.....	Water	
.....	3-1/3 tbsp.	Salt	
1-1/2 oz. .	3 tbsp.....	Sugar.....	
24 lb.....	3 gal.	Sliced cooked potatoes	3. Pour dressing over potatoes and mix well. Garnish with eggs.
.....	8	Hard-cooked eggs, diced	

PORTION: About 1/2 cup--provides 1/2 cup vegetable.

JELLIED COTTAGE CHEESE AND VEGETABLE SALAD

Salads (protein-rich) E-9

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
3 lb.	2 qt.	Lime-flavored gelatin	1. Dissolve flavored and unflavored gelatin in hot water.
3/4 oz. ...	2-2/3 tbsp.	Unflavored gelatin	
.....	1-1/4 gal.	Hot water.....	
.....	1/3 cup ...	Vinegar	2. Add vinegar, lemon juice, grated onion, and salt. Chill until mixture begins to thicken.
.....	1/3 cup ...	Lemon juice	
.....	1/3 cup ...	Grated onion	
1-1/4 oz.	2-2/3 tbsp.	Salt	
10 oz.	2 cups	Diced green pepper	3. Blend in green pepper, carrots, cucumber, and cottage cheese.
1 lb.	1 qt.	Finely shredded carrots	
1 lb. 8 oz.	1 qt.	Diced cucumber..	4. Pour into pans to the depth of 1 inch. Chill until set.
12 lb. 8 oz.	1 gal. 2-1/4 qt.	Cottage cheese...	
				5. Cut and serve on lettuce or other salad greens.

PORTION: 1/2 cup (1 piece, 4 by 2-1/2 by 1 inch)--provides 2 ounces cheese. (over)

JELLIED COTTAGE CHEESE AND VEGETABLE SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Jellied Cottage Cheese and Vegetable Salad</p> <p>Creamed Asparagus on Buttered Toast</p> <p>Pear or Other Fruit</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Jellied Cottage Cheese and Vegetable Salad</p> <p>Potato Salad</p> <p>Tomato Wedges</p> <p>Lemon Meringue Pie</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

JELLIED FRUIT SALAD (using flavored gelatin)

Salads E-10

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb.	2 qt.	Lemon-flavored gelatin	1. Dissolve gelatin in the water and fruit juice. Chill until mixture begins to thicken.
.....	2 gal.	Hot water and fruit juice	
3 lb.	1-1/2 qt.	Cubed fresh grape-fruit sections	
3 lb. 8 oz.	2 qt.	Cubed orange sections	2. Add fruits.
.....	1-1/4 gal.	Diced drained canned fruit, or other fruit combination	3. Pour into pans to the depth of 1 inch and chill until set.
				4. Cut and serve on lettuce or other salad greens.

PORTION: About 1/2 cup (1 piece, 4 by 2-1/2 by 1 inch)--provides 1/4 cup fruit.

JELLIED FRUIT SALAD (using unflavored gelatin)

Salads E-11

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
8 oz.	1-2/3 cups 1-1/4 qt. .. 3-1/2 qt. ..	Unflavored gelatin Cold water Water and fruit juice	1. Soak gelatin in the cold water. 2. Heat 2 quarts of the water and fruit juice. Add gelatin and stir until dissolved.
3 lb.	1-1/2 qt. .. 2 tsp. 1 qt. 1/2 cup 6 6-oz. cans	Sugar Salt Lemon juice Orange juice concentrate	3. Combine remaining water and fruit juice, sugar, salt, lemon juice, and orange concentrate. 4. Stir in the gelatin mixture. Chill until mixture begins to thicken.
.....	1-3/4 gal...	Diced drained canned or fresh fruit	5. Add the fruits, pour into pans to the depth of 1 inch, and chill until set. 6. Cut and serve on lettuce or other salad greens.

PORTION: 1/2 cup (1 piece, 4 by 2-1/2 by 1 inch)--provides 1/2 cup fruit.

PACIFIC SARDINE AND APPLE SALAD

Salads (protein-rich) E-12

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	18 cans (15 oz. each)	Pacific sardines	1. Drain sardines. Flake.
4 lb.	1 gal.	Diced apple	2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill.
2 lb.	2 qt.	Diced celery	3. Portion with a No. 12 scoop (1/3 cup).
1 lb. 4 oz.	1 qt.	Raisins	
1 lb. 8 oz.	3 cups	Cooked salad dressing (card F-2)	
.....	Salt, to taste	

PORTION: 1/3 cup--provides 2 ounces cooked fish.

VARIATIONS

- 1. FISH FLAKE AND APPLE SALAD: Use 15 cans (14 ounces each) fish flakes in place of Pacific sardines. One portion provides 2 ounces cooked fish.
- 2. FLAKED FISH AND APPLE SALAD: Use 12 pounds 8 ounces flaked cooked fish in place of Pacific sardines. One portion provides 2 ounces cooked fish.
- 3. SALMON AND APPLE SALAD: Use 16 cans (16 ounces each) salmon in place of Pacific sardines. One portion provides 2 ounces cooked fish.
- 4. TUNA AND APPLE SALAD: Use 34 cans (6-1/2 or 7 ounces each) tuna in place of Pacific sardines. One portion provides 2 ounces cooked fish.

PACIFIC SARDINE AND APPLE SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Pacific Sardine and Apple Salad</p> <p>Baked Potato</p> <p>Buttered Carrots and Peas</p> <p>Iced Cup Cake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Pacific Sardine and Apple Salad</p> <p>Buttered Green Beans</p> <p>Orange Juice</p> <p>Stewed Prunes</p> <p>Cheese Rolls</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

PINEAPPLE-COTTAGE CHEESE SALAD

Salads (protein-rich) E-13

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
12 lb. 8 oz.	1 gal. 2-1/4 qt.	Cottage cheese	1. Combine all ingredients and mix lightly. 2. Portion with a No. 12 scoop (1/3 cup) and serve on shredded carrots or salad greens.
4 lb. 8 oz.	2 qt.	Drained canned	
1/2 oz.	1 tbsp.	crushed pineapple Salt	

PORTION: Scant 1/3 cup--provides 2 ounces cheese.

VARIATIONS

- 1. PEACH-COTTAGE CHEESE SALAD: Use 4 pounds 8 ounces drained diced peaches in place of pineapple. One portion provides 2 ounces cheese.
- 2. VEGETABLE-COTTAGE CHEESE SALAD: Use 4 pounds 8 ounces chopped raw vegetables (celery, green pepper, carrot) and 2 ounces chopped onion in place of pineapple. One portion provides 2 ounces cheese.

PINEAPPLE-COTTAGE CHEESE SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Pineapple-Cottage Cheese Salad</p> <p>Split Pea Soup</p> <p>Orange or Grapefruit Sections</p> <p>Hot Biscuit</p> <p>Honey-Butter or-Margarine</p> <p>1/2 Pint Milk</p>	<p>Pineapple-Cottage Cheese Salad</p> <p>Cold Roast Pork (1 ounce)</p> <p>Buttered Carrots</p> <p>Blackberries</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

POTATO SALAD

Salads E-14

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb. 8 oz.	2 gal. 1-1/4 qt.	Diced cooked potatoes	1. Combine all ingredients.
4 oz.....	1/2 cup...	Salt	2. Chill for 1 hour to allow potatoes to absorb the dressing.
.....	1 tsp.	Pepper	3. Portion with a No. 8 scoop (1/2 cup).
3 lb.	3 qt.	Coarsely chopped celery	
.....	38.....	Hard-cooked eggs, coarsely chopped	
1 lb.	2-2/3 cups	Finely chopped onion	
2 lb. 8 oz.	1-1/4 qt...	Mayonnaise (card F-3)	
2 lb. 8 oz.	1-1/4 qt...	Cooked salad dressing (card F-2)		

PORTION: About 1/2 cup--provides 1/2 cup vegetable.



POTATO-CHEESE SALAD

Salads (protein-rich) E-15

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
15 lb.	1 gal. 3-1/2 qt.	Diced cooked potatoes	1. Combine all ingredients. 2. Chill for 1 hour to allow potatoes to absorb dressing. 3. Portion with a No. 6 scoop (2/3 cup).
.....	50	Hard-cooked eggs, coarsely chopped	
3 oz.	1/3 cup ...	Salt	
.....	1 tsp.	Pepper.....	
2 lb. 8 oz.	2-1/2 qt..	Coarsely chopped celery	
12 oz.	2 cups	Chopped onion	
6 lb.	3 qt.	Mayonnaise (card F-3)	
6 lb. 4 oz.	1 gal. 2-1/4 qt.	Grated cheese	

PORTION: About 2/3 cup--provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable. (over)

POTATO-CHEESE SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Potato-Cheese Salad</p> <p>Tomato Wedges</p> <p>Orange, Apple, Banana Cup</p> <p>Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Potato-Cheese Salad</p> <p>Buttered Brussels Sprouts</p> <p>Grapes or Other Fruit</p> <p>Prune-Oatmeal Cookies</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb. 12 oz.	3 qt.	Raisins	1. If raisins are dry, heat them with 1 cup water in the top of a double boiler for 20 minutes or until hot. Cool.
5 lb. 8 oz. 2 lb. 8 oz.	1-1/4 gal. 2 cups 2 tsp. 1-1/4 qt.	Shredded carrots .. Salt	2. Combine all ingredients. Chill. 3. Portion with a No. 12 scoop (1/3 cup) and serve on salad greens.

PORTION: 1/3 cup--provides 1/4 cup vegetable and fruit.

VARIATIONS

- 1. RAISIN-CARROT-COCOONUT SALAD: Use only 2 pounds 12 ounces raisins and add 1 pound toasted coconut. One portion provides 1/4 cup vegetable and fruit.
- 2. RAISIN-CARROT-CELERY SALAD: Use only 2 pounds 12 ounces raisins and add 1 pound chopped celery. One portion provides 1/4 cup vegetable and fruit.

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 12 oz.	1 qt. 1/2 cup 1-1/2 qt. .. 1-1/2 qt. .. 3 qt. 1 qt.	Lemon-flavored gelatin Hot water Tomato sauce Tomato juice Water (or liquid from cooked vegetables plus water)	1. Dissolve gelatin in hot water. 2. Add tomato sauce, tomato juice, and water or liquid from vegetables.
1 lb.	1 qt. 2 qt. 4 large heads 1 cup.....	Sliced celery..... Mixed raw or cooked vegetables Lettuce..... Sliced stuffed olives, if desired	3. Cool. When mixture begins to thicken, add celery and vegetables. Pour into pans 1 inch in depth and cool until mixture sets. 4. Cut. Serve on shredded lettuce.

PORTION: 1 piece, 4 by 2-1/2 by 1 inch--provides 1/4 cup vegetable.

VARIATION

1. EGG-TOMATO ASPIC SALAD: Pour 2 cups of the tomato aspic in the bottom of each pan. In place of mixed vegetables, use 50 hard-cooked eggs (cut in half lengthwise); place them cut side down on the aspic. When thickened, cover with remaining mixture. One portion (4 by 2-1/2 by 1 inch) provides 1 ounce protein-rich food.

TOSSED GREEN SALAD

Salads E-18

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
4 lb.	1 gal.	Lettuce, cut in 1-inch slices	1. Combine and chill all vegetables.
1 lb.	Chopped spinach..	
12 oz.	2 cups.	Chopped onion....	
6 lb.	1 gal.	Diced cucumber	
2 lb.	2 qt.	Sliced radishes...	
4 oz.	1/2 cup	Salt	2. Just before serving sprinkle salt over vegetables. Add dressing and toss lightly until well mixed.
.....	1 qt.	Basic french dressing (card F-1)	

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATIONS

- 1. TOSSED GREEN SALAD WITH TOMATOES: Use 1 gallon cubed tomatoes in place of cucumber. One portion provides 1/2 cup vegetable.
- 2. TOSSED GREEN SALAD WITH CARRITOS: Use 2 pounds (2 quarts) shredded carrots in place of sliced radishes. One portion provides 1/2 cup vegetable.

TURKEY SALAD

Salads (protein-rich) E-19

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
9 lb.	1 gal. 3-1/4 qt.	Diced cooked turkey	1. Toss all ingredients together lightly, blending in enough salad dressing to coat well. Chill. 2. Portion with a No. 8 scoop (1/2 cup).
4 lb.	1 gal.	Diced celery	
.....	30.....	Hard-cooked eggs, chopped	
1 lb. 14 oz.	1-1/2 qt.	Chopped, mixed sweet pickle	
2 oz.	1/4 cup.....	Salt	
.....	About 1-1/4 qt.	Cooked salad dressing (card F-2)	

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATIONS

1. CHICKEN SALAD: Use 9 pounds (1 gallon 3-1/4 quarts) diced cooked chicken in place of turkey. One portion provides the equivalent of 2 ounces protein-rich food.
2. TURKEY SALAD WITH POTATOES: Add 8 pounds 8 ounces (1-1/2 gallons) diced cooked potatoes and use 3 additional cups of salad dressing. If desired, add 6 ounces (1 cup) chopped onion. One portion (2/3 cup) provides the equivalent of 2 ounces protein-rich food and 1/4 cup vegetable.

TURKEY SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Turkey Salad</p> <p>Sliced Tomatoes</p> <p>Carrot and Celery Sticks</p> <p>Apricot Whip</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Turkey Salad</p> <p>Buttered Broccoli</p> <p>Fruit Cup</p> <p>Hot Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

WALDORF SALAD

Salads E-20

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
13 lb.	3 gal.	Diced unpared apples	1. Combine all ingredients except the nuts. Toss to blend. Chill.
6 lb.	1-1/2 gal.	Chopped celery...	2. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens.
8 oz.	1 cup.....	Sugar	
.....	2 tsp.	Salt	
1 lb. 8 oz.	3 cups.....	Mayonnaise (card F-3)	
.....	1 cup.....	Lemon juice	
1 lb. 12 oz.	1 qt. 1-1/2 cups	Chopped nuts or peanuts	3. Garnish with chopped nuts (if added with other ingredients apples will discolor).

PORTION: 1/2 cup--provides 1/2 cup fruit.

VARIATIONS

1. WALDORF SALAD WITH GRAPES: Use only 3 pounds chopped celery and add 3 pounds seedless grapes. One portion provides 1/2 cup fruit.
2. WALDORF SALAD WITH DATES: Use only 3 pounds chopped celery and add 3 pounds pitted dates cut in pieces. One portion provides 1/2 cup fruit.

BASIC FRENCH DRESSING

Salad Dressings F-1

Ingredients	1-1/2 quarts	3 quarts	1-1/2 gallons	Directions
Salad oil.....	1 qt.	2 qt.	1 gal.	1. Combine all the ingredients and beat to blend. 2. Shake before using.
Vinegar.....	2 cups	1 qt.	2 qt.	
Salt	3/4 oz (1-1/2 tbsps.)	1-1/2 oz. (3 tbsps.)	3 oz. (1/3 cup)	
Sugar.....	1 oz. (2 tbsps.)	2 oz. (1/4 cup)	4 oz. (1/2 cup)	
Paprika	1/8 tsp.	1/4 tsp.	1/2 tsp.	
Powdered dry mustard	1/2 tsp.	1 tsp.	2 tsp.	

VARIATIONS

1. TOMATO-FRENCH DRESSING: Add onion juice and canned condensed tomato soup to taste.
2. HONEY-FRENCH DRESSING: Use 2 tablespoons honey in place of sugar.



COOKED SALAD DRESSING

Salad Dressings F-2

Ingredients	1-1/2 quarts	3 quarts	1-1/2 gallons	Directions
Sugar.....	8 oz. (1 cup)	1 lb. (2 cups)	2 lb. (1 qt.)	1. Mix sugar, flour, and seasonings.
All-purpose flour..	2-1/2 tsp.	1-1/2 oz. (6 tsp., sifted)	3 oz. (3/4 cup, sifted)	
Salt	1/2 oz. (1 tsp.)	1 oz. (2 tsp.)	2 oz. (1/4 cup)	
Powdered dry mustard	1 tsp.	2 tsp.	3/4 oz. (1/4 cup)	
Cayenne	1/8 tsp.	1/4 tsp.	1/2 tsp.	
Pepper	3/4 tsp.	1-1/2 tsp.	1 tsp.	
Melted butter or margarine	1 oz. (2 tbsp.)	2 oz. (1/4 cup)	4 oz. (1/2 cup)	2. Stir butter or margarine and eggs into the dry ingredients gradually. Slowly blend in the milk, then the vinegar.
Eggs, slightly beaten	1-1/4 cups (6)	2-1/2 cups (12)	1-1/4 qt. (24)	3. Cook over hot water until mixture thickens, stirring occasionally.
Milk	3 cups	1-1/2 qt.	3 qt.	
Vinegar.....	1-1/2 cups	3 cups	1-1/2 qt.	



MAYONNAISE

Salad Dressings F-3

Ingredients	1 quart	2 quarts	1-1/4 gallons	Directions
Salt Powdered dry mustard Sugar..... Vinegar..... Egg yolks.....	2 tsp. 2 tsp. 2 tsp. 2 tbsp. 1/3 cup (4)	4 tsp. 4 tsp. 4 tsp. 1/3 cup 2/3 cup (8)	3 tbsp. 3 tbsp. 3 tbsp. 1 cup 1-1/3 cups (16)	1. Combine salt, mustard, and sugar. 2. Add half the vinegar and the egg yolks. Beat well.
Salad oil..... Lemon juice	1 qt. 1 tbsp.	2 qt. 2 tbsp.	1 gal. 1/4 cup	3. Add oil, a few drops at a time, to the egg mixture, beating constantly, until 1 cup has been used. Continue beating, adding oil in larger quantities. 4. When the mayonnaise begins to thicken, add lemon juice and the rest of the vinegar alternately with the oil until all has been used. 5. Store in a cool place.

NOTE: This is a thick mayonnaise; it may be thinned by the addition of cooked salad dressing, cream, or fruit juices.

VARIATIONS

1. CHIFFONADE DRESSING: Add grated onion, chopped parsley, chopped hard-cooked eggs, chopped celery, dill pickle, and chili sauce to taste.
2. RUSSIAN DRESSING: Add chili sauce and lemon juice to taste.
3. PINEAPPLE DRESSING: Add crushed pineapple and juice to taste.
4. APRICOT DRESSING: Add apricot juice and lemon juice to taste.

SOUR CREAM DRESSING

Salad Dressings F-4

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	1-3/4 qt. (4 cans, 14 oz. each)	Evaporated milk	1. Combine milk, sugar, and salt.
8 oz.	1 cup..... 4 tsp.	Sugar..... Salt	
.....	1 qt.	Vinegar.....	2. Add vinegar gradually, stirring briskly with a wire whip until ingredients are blended and sugar is dis- solved.
				3. Chill before serving.

YIELD: 2-3/4 quarts.

SWEET FRENCH DRESSING

Salad Dressings F-5

Ingredients	1 quart	2 quarts	1 gallon	Directions
Sugar	8 oz. (1 cup)	1 lb. (2 cups)	2 lb. (1 qt.)	1. Combine sugar, salt, and mustard.
Salt	1-1/4 tsp.	2-1/2 tsp.	5 tsp.	
Powdered dry mustard	1-1/4 tsp.	2-1/2 tsp.	5 tsp.	
Vinegar.....	1-1/3 cups	2-2/3 cups	5-1/3 cups	2. Add vinegar and oil and beat well.
Salad oil	1-1/3 cups	2-2/3 cups	5-1/3 cups	
Onion juice	1-1/4 tsp.	2-1/2 tsp.	5 tsp.	3. Blend in onion juice, pimiento, and green pepper. 4. Serve on shredded cabbage, head lettuce, or fruit salad.
Finely chopped pimiento	5-3/4 oz. (2/3 cup)	11 oz. (1-1/3 cups)	1 lb. 6 oz. (2-2/3 cups)	
Finely chopped green pepper	5 oz. (1 cup)	10 oz. (2 cups)	1 lb. 4 oz. (1 qt.)	

SUGGESTIONS FOR SANDWICH MAKING

Sandwiches G-1

1. Make sandwiches on the same day they are to be served.
2. Use a wood-top table or cutting board.
3. Assemble all equipment and materials in advance: knives, spoons, scoops, sandwich bags or waxed paper, damp towel and storage pans.
4. Use about 1 pound of butter or margarine for 100 sandwiches.
5. Soften butter or margarine by letting it stand at room temperature. Cream it by hand or in a mixer. In some sandwiches the butter may be mixed with filling, for example, peanut butter.
6. Have all ingredients ready. Prepare fillings just before using them. If lettuce is used, have it washed, crisped, and drained.
7. Refrigerate sandwich fillings and ingredients for fillings except during actual handling.

TO MAKE SANDWICHES:

1. Arrange sandwich bread in rows, preferably 4 rows of 10 slices each (20 sandwiches).
2. Spread all bread slices with softened butter or margarine.
3. Portion filling on alternate rows of bread.
4. Arrange lettuce leaves on filling, if they are used.
5. Place remaining buttered slices of bread on the filled slices.
6. Stack several sandwiches together and cut with a sharp knife.
7. Place cut sandwiches on damp towel covered with waxed paper in storage pan.
8. Cover sandwiches completely with waxed paper and damp towel.
9. Store in refrigerator until used.

CHEESE-EGG VEGETABLE BURGER

Sandwiches (protein-rich) G-2

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	1-1/2 qt. 1/2 cup (32)	Eggs.....	1. Combine the eggs, vegetables, catsup, and salt. Cook over boiling water about 15 minutes, stirring constantly.
8 oz.....	1-1/3 cups	Chopped onion	
5 oz.....	1 cup.....	Chopped green pepper	
4 oz.....	1 cup.....	Chopped celery	
1 lb. 6 oz.	2-1/2 cups.	Catsup.....	
.....	1-1/3 tbsp.	Salt.....	2. Blend in the cheese. 3. Portion with a No. 16 scoop (1/4 cup). Serve between halves of a heated buttered bun.
8 lb. 8 oz.	2 gal. 2 cups	Grated cheese	

PORTION: 1 No. 16 scoop--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. CHEESE-VEGETABLE RAREBIT: Heat mixture until cheese is melted and serve over 1/2 toasted buttered bun. One portion provides the equivalent of 2 ounces protein-rich food. (over)

CHEESE-EGG VEGETABLEBURGER--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Cheese-Egg Vegetableburger</p> <p>Green Salad</p> <p>Grapefruit Juice</p> <p>Prune Whip</p> <p>Bun</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Cheese-Egg Vegetableburger</p> <p>Minestrone Soup</p> <p>Celery Sticks</p> <p>Blueberries</p> <p>Bun</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

CHEESE-OLIVE SANDWICH FILLING

Sandwiches (protein-rich) G-3

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
4 lb.....	2 qt.....	Cream cheese.....	1. Blend cheese, butter or margarine, onion, salt, and Worcestershire sauce.
2 lb. 4 oz.	4-1/2 cups	Cottage cheese....	
1 lb.....	2 cups	Softened butter or margarine	
2-1/2 oz...	1/4 cup ...	Grated onion.....	
3/4 oz....	1-2/3 tbsp.	Salt.....	
.....	1-1/2 tsp..	Worcestershire sauce	
2 lb. 5 oz.	1 qt. 3-1/2 cups	Chopped ripe olives, stuffed olives, or olive butter	2. Add olives and stir just enough to blend. Chill.
				3. Portion with a No. 20 scoop (3-1/5 tablespoons).
				4. To prepare sandwiches see card G-1.

PORTION: 1 No. 20 scoop--provides 1 ounce cheese.

(over)

CHEESE-OLIVE SANDWICH FILLING--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Cheese-Olive Sandwich</p> <p>Deviled Egg</p> <p>Potato Salad</p> <p>Scalloped Tomatoes</p> <p>Cherry Pie</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Cheese-Olive Sandwich</p> <p>Bean Soup with Buttered Croutons</p> <p>Pineapple Slices</p> <p>Oatmeal Cookies</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

EGG AND CHEESE SANDWICH FILLING

Sandwiches (protein-rich) G-4

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
..... 2 lbs. ...	35	Hard-cooked eggs American cheese	1. Finely grind egg and cheese.
..... 1/2 oz.	Few grains 1 tbsp. ... 1 cup 1/3 cup ... 1/2 cup ...	Paprika..... Salt Pickle relish... Lemon juice Cooked salad dressing (card F-2)	2. Add paprika, salt, pickle, lemon juice, and salad dressing. Blend well. 3. Portion with a No. 30 scoop (2-1/5 tablespoons). 4. To prepare sandwiches see card G-1.

PORTION: 1 No. 30 scoop--provides the equivalent of 1 ounce protein-rich food. (over)

EGG AND CHEESE SANDWICH FILLING--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Egg and Cheese Sandwich</p> <p>Spilt Pea Soup</p> <p>Sliced Orange and Cress Salad</p> <p>Apricot Whip</p> <p>Graham Crackers</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Egg and Cheese Sandwich</p> <p>Cold Sliced Beef</p> <p>Buttered Cauliflower</p> <p>Pear Halves or Other Fruit</p> <p>Prune-Spice Cake</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

FISH FLAKE SANDWICH FILLING

Sandwiches (protein-rich) G-5

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	15 cans (14 oz. each)	Fish flakes.....	1. Separate fish into flakes.
3 lb. 1 lb. 15-oz. bottle 2 lb. 8 oz. 	3-1/2 qt. 4-1/2 cups 1-1/2 cups 1-1/4 qt. 	Chopped cabbage Grated carrots... Catsup..... Cooked salad dressing (card F-2) Salt, to taste	2. Combine all ingredients except salt and mix lightly. Add salt to taste. Chill. 3. Portion with a No. 12 scoop (1/3 cup). 4. To prepare sandwiches see card G-1.

PORTION: 1 No. 12 scoop--provides 2 ounces cooked fish. (over)

FISH FLAKE SANDWICH FILLING--Continued

VARIATIONS

1. FLAKED FISH SANDWICH FILLING: Use 12 pounds 8 ounces flaked cooked fish in place of canned fish flakes. One portion provides 2 ounces cooked fish.
2. PACIFIC SARDINE SANDWICH FILLING: Use 18 cans (15 ounces each) Pacific sardines, drained, in place of canned fish flakes. One portion provides 2 ounces cooked fish.
3. SALMON SANDWICH FILLING: Use 16 cans (16 ounces each) salmon, drained, in place of canned fish flakes. One portion provides 2 ounces cooked fish.
4. SHRIMP SANDWICH FILLING: Use 12 pounds 8 ounces cooked, peeled and cleaned shrimp in place of canned fish flakes. One portion provides 2 ounces cooked fish.
5. TUNA SANDWICH FILLING: Use 34 cans (6-1/2 or 7 ounces each) tuna, drained, in place of canned fish flakes. One portion provides 2 ounces cooked fish.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Fish Flake Sandwich Potato Salad Sliced Tomatoes and Lettuce Grapefruit Sections Butter or Margarine 1/2 Pint Milk	Fish Flake Sandwich Meatless Vegetable Soup Orange and Pineapple Salad Cake Squares with Butter Cream Frosting Butter or Margarine 1/2 Pint Milk	

GRILLED CHEESE SANDWICH

Sandwiches (protein-rich) G-6

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
12 lb. 8 oz.	100 2-oz. slices 200 slices.	Cheese..... Bread.....	1. For each sandwich place a slice of cheese between 2 slices of bread.
4 oz.	1/2 cup...	Melted butter or margarine	2. Place sandwiches on a sheet pan which has been brushed with melted butter or margarine. 3. On top of the sandwiches place another sheet pan of the same size, which has been greased on the bottom with melted butter or margarine. (If a toasted cheese sandwich is preferred, do not place a pan on top of the sandwiches.) 4. Bake at 400° F. (hot) 10 minutes. Serve immediately.

PORTION: 1 sandwich--provides 2 ounces cheese.

GRILLED CHEESE SANDWICH---Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Grilled Cheese Sandwich Meatless Vegetable Soup Cabbage Slaw Sweetpotato Pie Butter or Margarine 1/2 Pint Milk	Grilled Cheese Sandwich Buttered Green Lima Beans Orange and Grapefruit Cup Apple Pie Butter or Margarine 1/2 Pint Milk	

PEANUT BUTTER AND FIG SANDWICH

Sandwiches (protein-rich) G-7

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 lb. 1 lb. 8 oz.. 4 oz. 1 oz.	2-1/2 qt. 2-1/2 qt. 3 cups..... 1 cup, sifted 2 tbsp.	Chopped dried figs Hot water..... Sugar..... All-purpose flour.. Salt	1. Soak figs in the water for 10 minutes. Mix sugar, flour and salt. Add to fig mixture and simmer until thickened. Cool. (Canned figs may be used in place of the dried figs; omit the sugar and use drained sirup instead of the hot water.)
.....	200 slices	Bread	2. Portion fig mixture with a No. 30 scoop (2-1/5 tablespoons) and spread on one slice of bread.
7 lb. 2 oz.	3 qt. 1/2 cup	Peanut butter.....	3. Portion peanut butter with a No. 30 scoop (2-1/5 tablespoons) and spread on the other slice of bread. 4. Put the two slices together.

PORTION: 1 sandwich--provides 2 tablespoons peanut butter. (over)

PEANUT BUTTER AND FIG SANDWICH--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Peanut Butter and Fig Sandwich</p> <p>Kale or Other Greens</p> <p>Vegetable-Cottage Cheese Salad</p> <p>Buttered Graham Crackers</p> <p>Fruit Gelatin</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Peanut Butter and Fig Sandwich</p> <p>Potato Soup</p> <p>Tossed Spinach, Tomato, and Cress Salad</p> <p>Cheese-Apple Crisp</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

PEANUT BUTTER, CARROT, AND RAISIN SANDWICH FILLING

Sandwiches (protein-rich) G-8

100 Portions		Ingredients	For <u> </u> Portions	Directions
Weights	Measures			
7 lb. 2 oz.	3 qt. 1/2 cup	Peanut butter	1. Blend peanut butter and butter or margarine.
2 lb. 4 oz.	4-1/2 cups	Melted butter or margarine	
4 lb.	3-1/4 qt.	Raisins	2. Grind raisins and mix with carrots.
2 lb. 4 oz.	2-1/4 qt.	Shredded carrots	3. Blend carrot-raisin mixture and salt with peanut butter.
1 oz.	2 tbsp. . . .	Salt	4. Portion with a No. 16 scoop (1/4 cup).
				5. To prepare sandwiches see card G-1.

PORTION: 1 No. 16 scoop--provides 2 tablespoons peanut butter.

PEANUT BUTTER, CARROT, AND RAISIN SANDWICH FILLING--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Peanut Butter, Carrot, and Raisin Sandwich</p> <p>Scalloped Cabbage</p> <p>Tossed Green Salad</p> <p>Orange-Coconut Custard</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Peanut Butter, Carrot, and Raisin Sandwich</p> <p>Cube or Slice of Cheese (1 ounce)</p> <p>Cream of Pea Soup with Buttered Croutons</p> <p>Celery Sticks</p> <p>Grapefruit Sections</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

TURKEY-HAM SANDWICH FILLING

Sandwiches (protein-rich) G-9

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
9 lb. 8 oz.	2 gal. 2 cups	Coarsely ground cooked turkey	1. Combine all ingredients, mixing in enough salad dressing to moisten. 2. Portion with a No. 12 scoop (1/3 cup). 3. To prepare sandwiches see card G-1.
3 lb.	2-1/2 qt.	Coarsely ground cooked lean smoked ham	
2 lb.	2 qt.	Finely diced celery	
1-1/2 oz.	3 tbsp.	Salt	
.....	About 2 qt.	Cooked salad dressing (card F-2)	

PORTION: 1 No. 12 scoop--provides 2 ounces cooked lean meat.

VARIATION

1. CHICKEN-HAM SANDWICH FILLING: Use 9 pounds 8 ounces (2 gallons 2 cups) chicken in place of turkey. One No. 12 scoop provides 2 ounces cooked lean meat.

TURKEY-HAM SANDWICH FILLING--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Turkey-Ham Sandwich</p> <p>Cream of Tomato Soup with Buttered Croutons</p> <p>Celery Sticks</p> <p>Steamed Cranberry Pudding with Hard Sauce</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Turkey-Ham Sandwich</p> <p>Fruit Plate (Pineapple, Orange Slices, and Prunes)</p> <p>Ice Cream</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

APRICOT SAUCE (with dried fruit)

Sauces and Gravies H-1

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
2 lb.....	Dried apricots, chopped	1. Cover apricots with the water and soak overnight or until plump.
.....	3 qt.	Hot water.....	
1 lb. 8 oz.	3 cups ... 1 tsp..... 1/4 cup..	Sugar Salt..... Lemon juice, if desired	2. Add the sugar and salt; simmer 1 hour or until apricots are soft. 3. Put fruit and liquid through a sieve and beat until smooth. Add lemon juice, if desired. 4. Serve on fruit betty, cottage pudding, or baked custard.

YIELD: 3 quarts.

PORTION: About 2 tablespoons.

VARIATION

1. PRUNE SAUCE OR FIG SAUCE: Use chopped prunes or figs in place of apricots.

BROWN GRAVY

Sauces and Gravies H-2

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 4 oz..	2-1/2 cups	Meat drippings or other fat	1. Melt fat, blend in flour and salt, and cook until brown, stirring constantly. 2. Gradually stir into broth. 3. Cook until thickened. Continue cooking a few minutes, stirring occasionally.
1 lb. 2 oz..	1 qt. 1/2 cup, sifted	All-purpose flour	
1-1/2 oz...	3 tbsps..... 1-1/2 gal.	Salt..... Water or meat stock	

YIELD: 1-1/2 gallons.
PORTION: 1/4 cup.

VARIATIONS

1. TURKEY OR CHICKEN GRAVY: Use turkey or chicken drippings and broth in place of meat drippings and stock.
2. GIBLET GRAVY: Add cooked chopped giblets to turkey or chicken gravy.
3. CREAM GRAVY: Use 1-1/2 gallons of milk in place of water or meat stock.

CUSTARD SAUCE

Sauces and Gravies H-3

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
.....	1-1/4 gal...	Milk	1. Scald milk.
1-1/2 oz. 12 oz.	1/3 cup.... 1-1/2 cups	Cornstarch Sugar	2. Mix the cornstarch and sugar together and add to the hot milk. 3. Cook 7 to 10 minutes over hot water, stirring constantly.
.....	1 cup (16) ..	Egg yolks, well beaten	4. Add some of the cooked mixture to the egg yolks and blend. Stir slowly into remaining cooked mixture. Cook until thick, stirring constantly.
.....	1-1/2 tsp... 3 tbsps.	Salt Vanilla	5. Remove from heat and add salt and vanilla. 6. Stir sauce occasionally as it cools. 7. Serve over fresh fruit, prune whip, or fruit betty. The custard sauce may be topped with meringue (card C-17) and served as Floating Island.

PORTION: 1/4 cup.

HONEY-PEANUT BUTTER SAUCE

Sauces and Gravies H-4

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb..... 1/2 oz....	2-2/3 cups. 1-3/4 qt. . . 1 tbsp.	Honey..... Hot water Salt	1. Combine honey, water, and salt.
3 lb.....	1-1/4 qt. . .	Peanut butter.....	2. Gradually add honey sirup to peanut butter and beat until smooth. 3. Serve on cottage pudding, ice cream, or other desserts.

YIELD: 3-1/4 quarts.
PORTION: 2 tablespoons.

VARIATION

1. ORANGE-HONEY-PEANUT BUTTER SAUCE: Use 3 cups orange concentrate diluted with 1 quart of water in place of water.

RAISIN SAUCE

Sauces and Gravies H-5

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
12 oz.	2-1/2 cups	Chopped or whole raisins	1. Combine raisins with salt and cornstarch. Stir in the hot water. Cook until thickened, stirring constantly.
1/2 oz. 5 oz.	1 tbsp. 1 cup 1 tbsp. 2-1/4 qt. ...	Salt Cornstarch..... Hot water	
1 lb. 8 oz. or 2 lb. 4 oz. 6 oz.	3 cups..... or 3 cups..... 3/4 cup.... 2 tbsp. 2 tsp. 3/4 cup....	Sugar..... or Honey Lemon juice..... Grated lemon rind Cinnamon..... Butter or margarine	2. Gradually stir in sugar or honey, lemon juice, and rind. Add cinnamon and butter or margarine. Bring to a boil, blending well. 3. Serve on desserts such as gingerbread or cottage pudding. The sauce may also be used over sliced ham or luncheon meat.

YIELD: 3-1/4 quarts.
PORTION: 2 tablespoons.



TOMATO SAUCE

Sauces and Gravies H-6

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
..... 1 lb. 2 oz. 1 oz.....	1-1/2 gal. 3 cups.... 2 tbsp.... 2 tsp.	Canned tomatoes. Chopped onion... Salt..... Pepper	1. Cook tomatoes, onion, salt, and pepper about 10 minutes. Strain.
8 oz. 6 oz.	1 cup..... 1-1/3 cups 2 tsp.....	Butter or margarine Cornstarch..... Sugar.....	2. Melt the butter or margarine. Blend in the cornstarch and sugar. 3. Add to the tomato mixture and cook until thickened, stirring constantly. 4. Serve on meat loaf, cro- quettes, meat turnovers, or fish loaf.

YIELD: 1 gallon 1-1/2 quarts.
PORTION: About 3 tablespoons.



VANILLA SAUCE

Sauces and Gravies H-7

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
5 lb. 8 oz. 8 oz. 1/2 oz.	2-3/4 qt. 1-3/4 cups 1 tbsp.... 1 gal.....	Sugar Cornstarch Salt Boiling water....	1. Mix sugar, cornstarch, and salt. Gradually add the water, stirring constantly. 2. Continue stirring mixture and cook until it reaches the boiling point and becomes clear.
8 oz.	1 cup 1/2 cup ..	Butter or margarine Vanilla	3. Remove from heat. Add butter or margarine and vanilla. 4. Serve on cottage, fruit, or steamed puddings.

YIELD: About 1-1/2 gallons.
PORTION: 1/4 cup.

VARIATIONS

1. MAPLE SAUCE: Use 1 tablespoon imitation maple flavoring in place of vanilla.
2. ORANGE SAUCE: Use 1/2 cup orange juice and add 1 tablespoon grated rind in place of vanilla. (2-1/2 tablespoons orange concentrate and 5 tablespoons water may be used in place of orange juice.)
3. CHOCOLATE SAUCE: Add 3 cups cocoa, sifted with sugar, cornstarch, and salt. Reduce vanilla to 1/4 cup.

WHITE SAUCE (with nonfat dry milk)

Sauces and Gravies H-8

Ingredients	2 gallons			Directions
	Thin	Medium	Thick	
Butter or margarine	1 lb. (2 cups)	2 lb. (1 qt.)	3 lb. (1-1/2 qt.)	<ol style="list-style-type: none"> 1. Melt butter or margarine in top of double boiler. Add flour and salt. 2. Cook for a few minutes. 3. Remove from heat. 4. Add water. 5. Sift dry milk slowly into mixture. Beat with wire whip until smooth. 6. Return to heat and stir constantly until mixture thickens. Cover and cook 10 to 15 minutes or until there is no "starchy" flavor.
All-purpose flour	8 oz. (2 cups, sifted)	1 lb. (1 qt., sifted)	1 lb. 8 oz. (1-1/2 qt., sifted)	
Salt	1-1/2 oz. (3 tbsp.)	1-1/2 oz. (3 tbsp.)	1-1/2 oz. (3 tbsp.)	
Lukewarm water	2 gal.	2 gal.	2 gal.	
Nonfat dry milk	2 lb. (2 qt.)	2 lb. (2 qt.)	2 lb. (2 qt.)	

(over)

WHITE SAUCE (with nonfat dry milk) --Continued

VARIATIONS

1. CHEESE SAUCE: Add 6 pounds 4 ounces (1-1/2 gallons 1 cup) grated cheese to the medium white sauce.
2. MUSHROOM SAUCE: Brown 2 pounds chopped mushrooms (fresh or canned) and 2 medium-sized chopped onions in butter or margarine and add to white sauce.
3. PARSLEY SAUCE: Add 1 quart finely chopped parsley to white sauce.
4. EGG SAUCE: Add 12 hard-cooked eggs, coarsely chopped, to white sauce.

WHITE SAUCE (with whole fluid milk)

Sauces and Gravies H-9

Ingredients	2 gallons			Directions
	Thin	Medium	Thick	
Butter or margarine	1 lb. (2 cups)	2 lb. (1 qt.)	3 lb. (1-1/2 qt.)	1. Melt the butter or margarine; blend in the flour and salt. 2. Stir into the milk. 3. Cook until thickened, stirring constantly.
All-purpose flour	8 oz. (2 cups, sifted)	1 lb. (1 qt., sifted)	1 lb. 8oz. (1-1/2 qt., sifted)	
Salt	1-1/2 oz. (3 tbsp.)	1-1/2 oz. (3 tbsp.)	1-1/2 oz. (3 tbsp.)	
Hot milk	2 gal.	2 gal.	2 gal.	

VARIATIONS

1. CHEESE SAUCE: Add 6 pounds 4 ounces (1-1/2 gallons 1 cup) grated cheese to the medium white sauce.
2. MUSHROOM SAUCE: Brown 2 pounds chopped mushrooms (fresh or canned) and 2 medium-sized chopped onions in butter or margarine and add to white sauce.
3. PARSLEY SAUCE: Add 1 quart finely chopped parsley to white sauce.
4. EGG SAUCE: Add 12 hard-cooked eggs, coarsely chopped, to white sauce.

BEAN SOUP

Soups (protein-rich) I-1

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
9 lb.	1 gal.	Dry beans Water	1. Sort and wash beans. Bring 1 gallon water to boiling and add beans. Boil 2 minutes, remove from the heat and let soak 1 hour. If more convenient, soak beans overnight after the 2-minute boil.
5 lb. 2 lb. 10 oz. 1-3/4 qt.	Ham bones Chopped onion	2. Add ham bones, onion, seasonings, and water. Cook covered for 3 hours.
1 oz. 4 oz.	2 tbsp. 1/2 cup 1/4 cup 6 gal.	Sugar Salt Celery salt Water	
10 oz.	2-1/2 cups, sifted 3 cups	All-purpose flour Water	3. Blend flour and water and add to the soup. Simmer 10 minutes, stirring occasionally. 4. Remove ham bones. 5. Serve soup with a garnish of chopped parsley.

PORTION: 1 cup--provides 1/2 cup cooked beans.

(over)

BEAN SOUP -- Continued

VARIATIONS

1. FRANKFURTER-BEAN SOUP: Use only 7 pounds of beans and, a few minutes before serving, add 3 pounds of sliced frankfurters to soup. Reheat and serve. One portion provides the equivalent of 2 ounces protein-rich food.
2. SPLIT PEA SOUP: Use 9 pounds green split peas in place of beans; omit soaking. One portion provides 1/2 cup cooked peas.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Bean Soup</p> <p>Stuffed Pepper (Spanish Rice)</p> <p>Grapefruit and Apricot Salad</p> <p>Molasses Cookies</p> <p>Whole Wheat Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Bean Soup</p> <p>Tomato Aspic Salad</p> <p>Rutabaga Sticks</p> <p>Applesauce</p> <p>Cup Cake</p> <p>Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

CHICKEN-RICE SOUP

Soups (protein-rich) I-2

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	5 gal.	Skimmed chicken broth	1. Heat chicken broth to boiling.
3 lb.	2 qt.	Finely chopped onion	2. Add onion, celery, salt, and rice. Boil gently until rice and vegetables are tender.
4 lb. 8 oz.	4-1/2 qt. ..	Finely chopped celery	
4 oz.	1/2 cup	Salt	
1 lb 8 oz.	3 cups	Uncooked rice	3. Add chicken. Simmer about 15 minutes before serving.
6 lb. 4 oz.	1-1/4 gal....	Diced cooked chicken	
8 oz.	2 cups, sifted	All-purpose flour, if desired	4. If desired, thicken with flour made into a paste with 1 quart of cooled chicken broth.

PORTION: 1 cup--provides 1 ounce cooked lean meat. (over)

CHICKEN-RICE SOUP --Continued

VARIATIONS

1. CHICKEN-TOMATO-RICE SOUP: Use 2 gallons tomato juice and 3 gallons broth in place of 5 gallons broth. One portion provides 1 ounce cooked lean meat.
2. TURKEY-RICE SOUP: Use 6 pounds 4 ounces (1-1/4 gallons) diced cooked turkey in place of chicken. One portion provides 1 ounce cooked lean meat.
3. CHICKEN-NOODLE SOUP: Use 2 pounds uncooked noodles broken into 1-inch pieces in place of rice. One portion provides 1 ounce cooked lean meat.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Chicken-Rice Soup Peanut Butter-Relish Sandwich Raw Spinach Salad Radishes Stewed Prunes Cookies Butter or Margarine 1/2 Pint Milk	Chicken-Rice Soup Egg Salad Sandwich Kale or Other Greens Apricot and Pear Salad Butter or Margarine 1/2 Pint Milk	

COD CHOWDER

Soups (protein-rich)I-3

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 lb.	Cod filets (fresh or frozen)	1. Thaw frozen filets. Cut into 1-inch pieces.
1 lb. 8 oz.	Diced salt pork...	2. Fry salt pork until crisp. Add onion and cook until tender.
3 lb.	2 qt.	Chopped onion	
15 lb.	2-3/4 gal..	Diced potatoes....	3. Add potatoes, water, and fish. Cook until potatoes are tender.
.....	1-1/2 gal..	Water	
.....	2 gal.	Hot milk	4. Stir milk into the fish mixture. Add salt to taste.
.....	Salt, to taste....	Heat.
1/2 oz.	1/2 cup ...	Chopped parsley..	5. Add parsley.
				6. Serve, using an 8-ounce ladle (1 cup) to measure portions.

PORTION: 1 cup--provides 1 ounce cooked fish and 1/4 cup vegetable.

COD CHOWDER--Continued

VARIATIONS

1. HADDOCK CHOWDER: Use 10 pounds haddock fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
2. OCEAN PERCH CHOWDER: Use 10 pounds ocean perch fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
3. POLLOCK CHOWDER: Use 10 pounds pollock fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.
4. WHITING CHOWDER: Use 10 pounds whiting fillets in place of cod fillets. One portion provides 1 ounce cooked fish and 1/4 cup vegetable.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Cod Chowder	Cod Chowder	
Sliced Tomatoes on Lettuce	Cottage Cheese and Jellied Citrus Fruit Salad	
Cheese-Apple Crisp	Brownie	
Whole Wheat Bread	Cornbread	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

CREAM OF TOMATO SOUP

Soups I-4

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
.....	1 gal. 2-1/4 qt.	Tomato puree	1. Combine tomato puree, sugar, celery, and onion; simmer covered 15 minutes. Add soda.
4 oz.	1/2 cup.	Sugar	
1 lb. 8 oz.	1-1/2 qt. ..	Finely chopped celery	
1 lb. 2 oz.	3 cups.	Chopped onion.	2. Melt butter or margarine; add flour, salt, and paprika. Stir into tomato mixture. Cook until thickened, stirring constantly.
.....	1-1/2 tsp.	Soda	
1 lb. 8 oz.	3 cups.	Butter or margarine	
1 lb. 8 oz.	1-1/2 qt., sifted	All-purpose flour	3. Stir tomato mixture into hot milk, reheat if necessary. Serve immediately.
4 oz.	1/2 cup.	Salt	
.....	1-1/2 tsp.	Paprika	
.....	4 gal. 3 cups	Hot milk.	

PORTION: 1 cup--provides 1/2 cup vegetable.



MEATLESS VEGETABLE SOUP

Soups I-5

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb.	1-1/2 qt. ...	Coarsely chopped onion Butter or margarine	1. Cook onion in butter or margarine until tender.
8 oz.	1 cup.	
2 lb. 12 oz. 4 oz. 3 oz. 8 oz.	1-3/4 qt. ... 3 cups. 1 qt. 1/3 cups. ... 1 cup. 5 gal.	Sliced carrots. Chopped celery. . . Chopped parsley. . Salt. Barley. Water.	2. Add carrots, celery, parsley, salt, barley, and water. 3. Cook until vegetables are tender (about 1 hour).
..... 4 lb.	2 gal. 1 gal.	Canned tomatoes. . Chopped cabbage.	4. Add tomatoes and cabbage. Continue cooking 30 minutes to blend flavor. Add more water if needed.
1 lb.	3 cups.	Green peas, frozen or canned	5. Add peas. If frozen peas are used cook until tender (about 5 minutes). If canned peas are used do not drain.

PORTION: 1 cup--provides about 1/2 cup vegetable

VARIATION

1. VEGETABLE-BEEF OR VEGETABLE-CHICKEN SOUP: Use 5 gallons beef or chicken broth in place of the water.

PREPARING CANNED VEGETABLES

Vegetables J-1

Prepare in 25-portion lots to prevent vegetables from becoming broken or discolored.

TO HEAT ON RANGE TOP:

1. Pour off half the liquid; use for soups and gravies.
2. Transfer the contents of the can to a stock pot or the top of a double-boiler. Heat only long enough to bring to serving temperature.
3. Transfer vegetables to serving pans.
4. Add 1 pound (2 cups) butter or margarine for each 10 pounds of drained vegetables.

TO HEAT IN STEAMER:

1. Pour off half the liquid; use for soups and gravies.
2. Transfer the contents of the can directly into serving pans (10-1/2 by 16-1/2 by 2-1/2 inches). Cover pans.
3. Heat in the steamer about 3 minutes.
4. Add 1 pound (2 cups) butter or margarine for each 10 pounds of vegetables.



BAKING POTATOES, SWEETPOTATOES, AND WINTER SQUASH

Vegetables J-2

The length of time required for a given vegetable to cook cannot be stated exactly because the time differs with the variety and maturity of each, and the length of time and the temperature at which the vegetable has been held since it was harvested. Each vegetable should be cooked for the shortest time necessary to give a palatable product. See timetable for approximate cooking time.

Timetable for baking fresh vegetables

Vegetable	Preparation	Approximate baking time	Oven temperature
Potatoes	Scrub. Sort for size. Grease skins if soft skin is desired.	1 to 1-1/4 hours.	425° F.
Squash, acorn	Wash, cut in half. Remove seeds and fiber. Brush with melted butter or margarine and sprinkle with salt and brown sugar.	1 hour covered; remove cover and bake 30 minutes longer or until lightly browned.	375° F.
Squash, Hubbard	Wash. If peel is hard and tough soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peeling. Cut into pieces. Brush with melted butter or margarine and sprinkle with salt and brown sugar.	1 hour covered; remove cover and bake 30 minutes longer or until lightly browned.	375° F.
Sweetpotatoes	Scrub. Sort for size.	50 to 60 minutes.	425° F.

BOILING FRESH VEGETABLES

Vegetables J-3

1. The length of time required for a given vegetable to cook cannot be stated exactly because the time differs with the variety and maturity of each, the length of time and the temperature at which the vegetable has been held since it was harvested, and the size of the pieces into which it has been cut. Each vegetable should be cooked for the shortest time necessary to give a palatable product. See timetable for approximate cooking time.

2. Add 1 pound (2 cups) butter or margarine for each 10 pounds of drained vegetable.
Timetable for boiling fresh vegetables

Vegetable	Preparation	For 10-pound lots of vegetable		
		Boiling water	Salt	Approximate cooking time
Beans, lima	Shell. (Scald pods to make shelling easier.) Wash.	2-1/2 qt.	1 tbsp.	Minutes 20 to 25
Beans, snap or wax	Wash. Trim ends and remove strings. Cut or break into 1-inch pieces.	2-1/2 qt.	1 tbsp.	30 to 40
Beets	Remove tops, leaving 2-inch stem on beets. Wash. Do not pare or remove root.	Water to cover	None	60

BOILING FRESH VEGETABLES--Continued

Vegetable	Preparation	For 10-pound lots of vegetable		
		Boiling water	Salt	Approximate cooking time
Broccoli	Cut off tough stalk ends. Wash. Soak in salted water 1/2 hour if insects are present. Drain. Peel stalks. Cut broccoli lengthwise if thick to speed cooking.	3 qt.	1 tbsp.	Minutes 20
Cabbage, shredded	Remove wilted outside leaves. Wash, quarter, and core. Crisp in cold water if wilted. Shred.	1-1/2 gal.	2 tbsp.	15
Carrots	Wash; scrape or pare. Slice if desired.	3 qt.	1 tbsp.	Sliced, 20 Whole, 30
Cauliflower	Remove outer leaves and stalks. Break into flowerets. Wash. Soak in salted water 1/2 hour if insects are present. Drain.	1-1/2 gal.	2 tbsp.	15 to 20
Chard, mustard, and turnip greens	Sort. Cut off tough stems. Wash at least 5 times, lifting greens out of water each time.	Only water clinging to the leaves	1 tbsp.	15 to 25

(continued on next card)

BOILING FRESH VEGETABLES--Continued

Vegetables J-3

Vegetable	Preparation	For 10-pound lots of vegetable		
		Boiling water	Salt	Approximate cooking time
Collards	Sort, trim. Strip leaves from coarse stems. Wash at least 5 times, lifting greens out of water each time. Stir occasionally while cooking.	1 gal.	1-1/2 tbsp. (if salted meat is not used)	Minutes 35
Corn on cob	Husk, remove silks. Wash. Do not allow to stand in water.	1-1/4 gal. or to cover	1-1/2 tbsp.	10 to 15
Kale	Sort. Strip leaves from coarse stems. Wash at least 5 times, lifting out of water each time. Stir occasionally while cooking.	1 gal.	1-1/2 tbsp.	45 to 55
Onions	Peel, wash. Quarter if large	1-1/2 gal.	2 tbsp.	35
Parsnips	Wash, pare. Quarter lengthwise and cut in 3-inch pieces.	1-1/4 gal.	1-1/2 tbsp.	20
Potatoes	Scrub. Cut large potatoes to serving size. Peel and remove eyes if for mashing.	1-1/4 gal.	1-1/2 tbsp.	30 to 50
Rutabagas	Wash. Pare and cut into 1-inch cubes.	3 qt.	1 tbsp.	30

(over)

BOILING FRESH VEGETABLES--Continued

Vegetable	Preparation	For 10-pound lots of vegetable		
		Boiling water	Salt	Approximate cooking time
Spinach	Sort, trim. Cut off coarse stems and roots. Wash at least 5 times, lifting greens out of water each time.	Only water clinging to the leaves	1 tbsp.	Minutes 10 to 20
Squash, Hubbard	Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peel. Cut in- to pieces.	1-1/4 gal.	1-1/2 tbsp.	15
Squash, summer	Wash, trim. Cut into 1-inch pieces.	2 qt.	2 tsp.	20 to 25
Sweetpotatoes	Scrub. Sort for size.	1-1/4 gal.	None	35 to 50
Turnips	Wash, pare, and cut into 1-inch cubes.	3 qt.	None	20

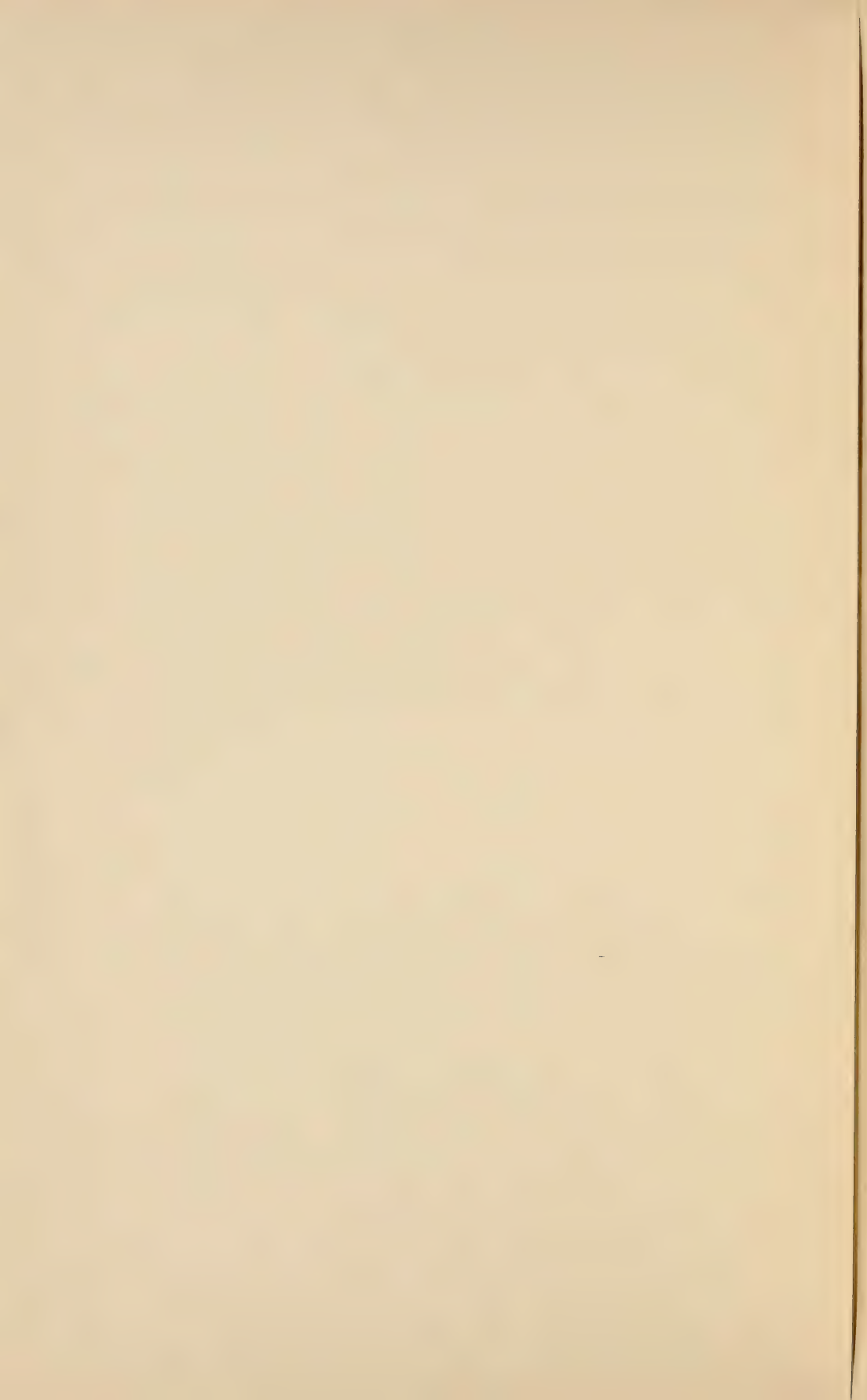
BOILING FROZEN VEGETABLES

Vegetables J-4

- 1. To insure uniform cooking, thaw frozen vegetables until they can be easily separated. For a 2-1/2 pound package, thaw at room temperature 2 to 3 hours for loosely packed vegetables and 5 to 6 hours for tightly packed vegetables.
- 2. Add 1 teaspoon salt to each quart of water.
- 3. Add vegetable to boiling salted water, cover pan, bring quickly to a boil.
- 4. Start timing when water returns to a boil. Cook for the time specified in the timetable. These cooking times are approximate and will vary with the quality of the frozen vegetables.
- 5. Add 1 pound (2 cups) butter or margarine for each 10 pounds of drained vegetables.

Timetable for boiling frozen vegetables (10-pound lots)

Vegetable	Boiling water	Approximate cooking time	Vegetable	Boiling water	Approximate cooking time
Asparagus	<u>Quarts</u> 1-1/2	<u>Minutes</u> 18	Collards	<u>Quarts</u> 1-1/2	<u>Minutes</u> 40
Beans, blackeye (blackeye peas, cowpeas), green	1	50	Corn.....	1-1/2	17
Beans, baby lima...	2	25	Kale	2	45
Beans, snap	1	33	Okra.....	1	13
green, cut			Peas, green	1	18
Broccoli, chopped ..	1-1/2	15	Peas and carrots...	1	16
Broccoli, spears ...	1-1/2	25	Squash, Hubbard	Double boiler	37
Cauliflower	1-1/2	22	Succotash	2	22
			Turnip greens.....	2	32



STEAMING FRESH VEGETABLES

Vegetables J-5

1. The length of time required for a given vegetable to cook cannot be stated exactly because the time differs with the variety and maturity of each, the length of time and the temperature at which the vegetable has been held since it was harvested, and the size of the pieces into which it has been cut. Each vegetable should be cooked for the shortest time necessary to give a palatable product. See timetable for approximate cooking time in a compartment steamer.
2. Add 1 pound (2 cups) butter or margarine for each 10 pounds of vegetable.
3. Add salt if desired, using 1 ounce (2 tablespoons) for each 10 pounds of vegetable.

Timetable for steaming fresh vegetables at 5 pounds pressure

Vegetable	Preparation	Type of container ¹ for steaming, and fill	Approximate cooking time
Beans, lima	Shell. (Scald pods to make shelling easier.) Wash.	Solid (1/2 full)	Minutes 20
Beans, snap or wax	Wash. Trim ends and remove strings. Cut or break into 1-inch pieces.	Solid (1/3 full) Perforated (2/3 full)	25 25
Beets	Remove tops, leaving 2-inch stem on beets. Wash. Do not pare or remove root.	Solid (full) Perforated (full)	60 to 75 60

¹ Steamer baskets, 9 by 23 by 11 inches.

STEAMING FRESH VEGETABLES--Continued

Vegetable	Preparation	Type of container ¹ for steaming, and fill	Approximate cooking time
Broccoli	Cut off tough stalk ends. Wash. Soak in salted water 1/2 hour if insects are present. Drain. Peel stalks. Cut broccoli lengthwise if thick to speed cooking.	Single layer in shallow pan (2 to 2-1/2 pounds per pan)	Minutes 7
Cabbage, shredded	Remove wilted outside leaves. Wash, quarter and core. Crisp in cold water if wilted. Shred.	Solid (1/2 full) Perforated (1/3 full)	12 10
Carrots	Wash, scrape or pare.	Solid (1/2 full) Perforated (1/2 full)	30 20
Cauliflower	Remove outer leaves and stalks. Break into flowerets. Wash. Soak in salted water 1/2 hour if insects are present. Drain.	Solid (1/3 full) Perforated (1/4 full)	12 to 15 2
Chard, mustard, and turnip greens	Sort. Cut off tough stems. Wash at least 5 times, lifting greens out of water each time.	Solid (3/4 full)	25

¹ Steamer baskets, 9 by 23 by 11 inches.

(continued on next card)

STEAMING FRESH VEGETABLES--Continued

Vegetables J-5

Vegetable	Preparation	Type of container ¹ for steaming, and fill	Approximate cooking time
Collards	Sort, trim. Strip leaves from coarse stems. Wash at least 5 times, lifting greens out of water each time.	Solid (1/2 full) Perforated (1/2 full)	Minutes 30 20
Corn on cob	Wash, remove silks. Wash. Do not allow to stand in water.	Perforated (25 portions)	8
Kale	Sort. Strip leaves from coarse stems. Wash at least 5 times, lifting out of water each time.	Solid (1/4 full) Perforated (1/4 full)	35 20
Onions	Peel, wash. Quarter if large.	Solid (1/2 full) Perforated (1/3 full)	45 25
Parsnips	Wash and pare. Quarter lengthwise and cut in 3-inch pieces.	Perforated (1/4 full)	15
Potatoes	Scrub. Cut large potatoes to serving size. Peel and remove eyes if for mashing.	Solid (3/4 full) Perforated (3/4 full)	45 35
Rutabagas	Wash. Pare and cut into 1-inch cubes.	Solid (1/2 full) Perforated (1/2 full)	30 25

¹ Steamer baskets, 9 by 23 by 11 inches.

STEAMING FRESH VEGETABLES---Continued

Vegetable	Preparation	Type of container ¹ for steaming, and fill	Approximate cooking time
Spinach	Sort, trim. Cut off coarse stems and roots. Wash at least 5 times, lifting greens out of water each time.	Solid (1/2 full) Perforated (1/2 full)	Minutes 6 4
Squash, Hubbard	Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peel. Cut into pieces.	Solid (1/2 full) Perforated (1/2 full)	15 12
Squash, summer	Wash, trim. Cut into 1-inch pieces.	Solid (3/4 full) Perforated (1/3 full)	20 12
Sweetpotatoes	Scrub. Sort for size.	Solid (3/4 full) Perforated (3/4 full)	30 to 40 20
Turnips	Wash, pare, and cut into 1-inch cubes.	Perforated (1/2 full)	15

¹ Steamer baskets, 9 by 23 by 11 inches.

- 1. To insure uniform cooking, thaw frozen vegetables until they can be easily separated. For 2-1/2 pound package, thaw at room temperature 2 to 3 hours for loosely packed vegetables and 5 to 6 hours for tightly packed vegetables.
- 2. Cook in lots no larger than 5 pounds, using steam table pans 10-1/2 by 16-1/2 by 2 inches.
- 3. Steam uncovered in a compartment steamer for the time specified in the timetable. These cooking times are approximate and will vary with the quality of the frozen vegetables.
- 4. Broccoli spears may be covered with foil to help retain the green color but the steaming time is longer. Mashed winter squash must be covered to prevent water collecting in the pan.
- 5. Add 1 pound (2 cups) butter or margarine for each 10 pounds of drained vegetables.

Timetable for steaming frozen vegetables at 5 pounds pressure (10-pound lots)

Vegetable	Approximate cooking time	Vegetable	Approximate cooking time
	<u>Minutes</u>		<u>Minutes</u>
Beans, blackeye (blackeye peas, cowpeas), green	25	Collards.....	40
Beans, baby lima.....	15	Corn.....	4
Beans, large lima, green ...	25	Kale	30
Beans, snap, green, cut	15	Okra	5
Broccoli spears	8 to 10	Peas, green.....	5
	1	Peas and carrots	5
		Squash, Hubbard	25
Cauliflower	5	Succotash.....	15

¹ Covered with foil.



CORN PUDDING

Vegetables J-7

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
.....	1-1/2 gal. 1-1/2 gal.	Whole kernel corn. Corn liquid plus water	1. Drain the corn and divide it among 4 greased baking pans (12 by 18 by 2 inches). 2. Add water to corn liquid to make 1-1/2 gallons.
2 lb.	2 qt. 1-3/4 qt. . (36)	Nonfat dry milk... Eggs, well beaten.	3. Sprinkle dry milk over the liquid and beat until smooth.
12 oz. 2 oz. 5 oz.	1-1/2 cups 1/4 cup ... 1 cup	Melted butter or margarine Salt Chopped green pepper, if de- sired	4. Add eggs, butter or mar- garine, and salt; blend well. Add green pepper, if desired. 5. Cover corn with egg-milk mixture. 6. Set pans in pans of hot water and bake at 350° F. (moder- ate) about 40 minutes or until set.

PORTION: 1/2 cup--provides approximately 1/4 cup vegetable.

CREAMED MIXED VEGETABLES

Vegetables J-8

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
5 lb.	1-1/4 gal. .	Celery, cut in 1/2-inch pieces	1. Cook celery, carrots, and snap beans (card J-3).
5 lb.	4 qt.	Diced carrots	
3 lb.	3 qt.	Snap beans, cut in 1/2-inch pieces	
5 lb.	3 qt.	Cooked green peas	
1-1/2 oz..	3 tbsp.	Salt	
14 oz.	1-3/4 cups	Butter or margarine	2. Prepare white sauce (card H-8 or H-9). 3. Add vegetables to the sauce. Mix carefully to avoid breaking vegetables. Heat thoroughly.
10 oz.	2-1/2 cups, sifted	All-purpose flour	
3 oz.	1/3 cup	Salt	
.....	1-1/4 gal...	Hot milk or half milk and half liquid from vegetables	

PORTION: 1/2 cup--provides 1/2 cup vegetable.

(over)

CREAMED MIXED VEGETABLES--Continued

VARIATIONS

1. CREAMED CARROTS AND PEAS: Use 1-1/2 gallons 2 cups diced carrots and 1-1/2 gallons green peas as only vegetables. One portion provides 1/2 cup vegetable.
2. CREAMED POTATOES: Use 24 pounds (3 gallons 2 cups) diced cooked potatoes as only vegetable and 1/2 ounce (1/2 cup) chopped parsley (for garnish). One portion provides 1/2 cup vegetable.

GLAZED SWEETPOTATOES

Vegetables J-9

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
28 lb., 12 oz.	3 gal. 2 cups	Sliced cooked sweetpotatoes	1. Place sweetpotatoes in 4 baking pans (10-1/2 by 16-1/2 by 2-1/2 inches).
2 lb. 10 oz. <u>or</u> 2 lb. 10 oz.	1-1/4 qt... <u>or</u> 1-1/2 qt., packed	Granulated sugar <u>or</u> Brown sugar	2. Combine sugar, salt, and cornstarch. Stir in water and cook for 15 minutes. Add butter or margarine.
1-1/4 oz.. 10 oz.	2-2/3 tbsp. 2-2/3 tbsp. 2-3/4 qt.. 1-1/4 cups	Salt Cornstarch Water Butter or margarine	3. Pour sauce over sweet- potatoes so that each piece is coated. 4. Bake at 350° F. (moderate) 1-1/2 hours. Baste pota- toes with the sirup.

PORTION: About 1/2 cup--provides 1/2 cup vegetable.

GLAZED SWEETPOTATOES---Continued

VARIATIONS

1. HONEY CANDIED SWEETPOTATOES: Use 2 pounds 10 ounces (3-1/2 cups) honey in place of sugar and only 1-3/4 quarts water. One portion provides 1/2 cup vegetable.
2. GLAZED CARROTS: Use 18 pounds (3 gallons 2 cups) cooked carrots in place of sweetpotatoes. One portion provides 1/2 cup vegetable.
3. GLAZED TURNIPS: Use 21 pounds 8 ounces (3 gallons 2 cups) cooked turnips in place of sweetpotatoes. Cut into 1/4-inch slices. One portion provides 1/2 cup vegetable.

GOLDEN POTATOES

Vegetables J-10

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 5 lb.	100	Pared steamed potatoes	1. Coat each potato with melted butter or margarine.
1 lb.	2 cups	Melted butter or margarine	
.....	2 qt.	Crushed flake cereal	2. Roll potatoes in cereal mixed with the salt.
3 oz.	1/3 cup	Salt	3. Bake on greased sheet pans (15 by 24 by 1 inch) at 500° F. (very hot) 30 minutes.

PORTION: 1 potato--provides about 1/2 cup vegetable.

VARIATIONS

- GOLDEN PARSNIPS: Use 20 pounds cooked parsnips (if large cut in half) in place of potatoes. One portion provides about 1/2 cup vegetable.
- GOLDEN CARROTS: Use 18 pounds cooked carrots in place of potatoes. One portion provides about 1/2 cup vegetable.

HARVARD BEETS

Vegetables J-11

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
27 lb.	Beets Water to cover	1. Wash beets and cook in water until tender (card J-3). Peel beets; dice or slice.
3 oz. 1 lb. 8 oz. 9 oz.	1/3 cup 3 cups 2 cups 3-1/2 qt.	Salt Sugar Cornstarch Water	2. Combine salt, sugar, and cornstarch. Stir in the water. Cook until thick and smooth, stirring constantly.
. 12 oz.	2 cups 1-1/2 cups	Vinegar Butter or margarine	3. Add vinegar and butter or margarine. 4. Pour sauce over beets. Heat.

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATION

1. BEETS IN ORANGE SAUCE: Use 3-1/2 quarts orange juice in place of water, 2 cups lemon juice in place of vinegar, and add 1/4 cup grated orange rind. One portion provides 1/2 cup vegetable.

MASHED POTATOES

Vegetables J-12

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
25 lb.	Pared potatoes	1. Boil or steam potatoes until tender (card J-3 or J-5). Drain. 2. Mash in mixer at low speed until smooth.
..... 2 oz. 1 lb.	1 to 1-1/2 qt. 1/4 cup ... 2 cups	Hot milk Salt Melted butter or margarine	3. Gradually add just enough milk to moisten. Add salt, butter or margarine, beating at low speed. 4. Mix at high speed until well blended and potatoes are light and fluffy. 5. Portion with a No. 8 scoop (1/2 cup).

PORTION: 1/2 cup--provides 1/2 vegetable.

SCALLOPED CABBAGE

Vegetables J-13

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
11 lb.	2 gal. 3 qt.	Shredded cabbage.	1. Cook cabbage (card J-5).
4 oz.	1/2 cup ..	Butter or margarine	2. Prepare white sauce (card H-8 or H-9).
4 oz.	1 cup, sifted	All-purpose flour.	3. Add cheese.
1-1/2 oz. ...	3 tbsp.	Salt.	4. Mix sauce and cabbage.
.....	3 qt.	Hot milk.	Place in 2 baking pans (12 by 18 by 2 inches).
2 lb. 4 oz.	2-1/4 qt.	Grated cheese.	
8 oz.	2 cups.	Fine dry bread crumbs	5. Top with crumbs which have been mixed with butter or margarine.
1 oz.	2 tbsp.	Butter or margarine	6. Bake at 350° F. (moderate) 20 minutes or until brown.

PORTION: About 1/4 cup--provides 1/4 cup vegetable.

VARIATIONS

- 1. SCALLOPED ONIONS: Use 13 pounds (2-1/2 gallons) peeled small onions in place of cabbage. One portion provides 1/4 cup vegetable.
- 2. SCALLOPED CAULIFLOWER: Use 7 pounds (1 gallon 2-1/2 quarts) cauliflower flowerets in place of cabbage. One portion provides 1/4 cup vegetable.

SCALLOPED POTATOES

Vegetables J-14

100 Portions		Ingredients	For— Portions	Directions
Weights	Measures			
1 lb.....	2 cups....	Butter or margarine	1. Prepare white sauce (card H-8 or H-9). Add onion, if desired.
8 oz.....	2 cups, sifted	All-purpose flour.	
4 oz.....	1/2 cup....	Salt.....	
.....	2 gal.....	Hot milk.....	
6 oz.....	1 cup.....	Chopped onion, if desired	
25 lb.....	Pared potatoes...	2. Slice potatoes thin. 3. Place potatoes in 4 baking pans (12 by 18 by 2 inches). Cover with sauce, 2 quarts per pan. 4. Cover and bake at 350° F. (moderate) 1 1/2 hour. Remove cover and bake about 1 hour longer or until potatoes are cooked and top is brown.

PORTION: 3/4 cup--provides 1/2 cup vegetable.

(over)

SCALLOPED POTATOES--Continued

VARIATION

1. SCALLOPED POTATOES AND CARROTS: Use only 17 pounds of potatoes and add 8 pounds sliced carrots. Place carrots on bottom of baking pans, potatoes on top. One portion provides 1/2 cup vegetable.

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
1 lb. 6 oz. 1 lb.....	3-2/3 cups 3 cups....	Chopped onion..... Chopped green pepper	1. Cook onion, green pepper, and celery in the butter or margarine.
12 oz..... 10 oz.....	3 cups.... 1-1/4 cups	Chopped celery.... Butter or margarine	
10 lb. 8 oz.	1-3/4 gal.	Cooked rice (card B-12) Canned tomatoes .. Salt..... Sugar Worcestershire sauce	2. Add rice, tomatoes, salt, sugar, and Worcestershire sauce. Simmer until thick. 3. Portion with a No. 8 scoop (1/2 cup).

PORTION: 1/2 cup--provides about 1/4 cup vegetable.

VARIATION

1. STUFFED PEPPERS: Cut 50 large peppers in half, remove seeds, and parboil or steam. Drain peppers and fill halves with Spanish Rice mixture. Bake at 400° F. (hot) until brown. Serve with a cheese sauce (card H-8 or H-9), if desired. One portion provides 1/2 cup vegetable.

STEWED TOMATOES

Vegetables J-16

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
.....	3 gal 1-1/2 qt.	Canned tomatoes..	1. Combine tomatoes, sugar, and salt. Heat.
6 oz..... 3/4 oz....	3/4 cup.... 1-1/2 tbsp.	Sugar, if desired . Salt	
3 oz.....	1/3 cup....	Melted butter or margarine	2. Mix butter or margarine with flour, if used. Add a small amount of the hot mixture and mix well. Add to remaining tomato mixture.
4 oz.....	1 cup, sifted	All-purpose flour, if desired	
				3. Simmer 15 minutes.

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATIONS

1. STEWED TOMATOES WITH BREAD: Omit flour. Add 8 ounces (2 quarts) toasted bread cubes, together with the butter or margarine, to the hot seasoned tomatoes. One portion provides 1/2 cup vegetable.
2. STEWED TOMATOES AND OKRA: Use only 1-3/4 gallons canned tomatoes and add 1-1/2 gallons cooked sliced okra. One portion provides 1/2 cup vegetable.
3. STEWED TOMATOES AND SNAP BEANS: Use only 1-3/4 gallons canned tomatoes and add 1-1/2 gallons cooked cut snap beans. One portion provides 1/2 cup vegetable.

STEWED TOMATOES WITH RICE

Vegetables J-17

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	4-1/4 gal.	Canned tomatoes..	1. Combine all ingredients. 2. Cover and simmer about 20 minutes or until rice is tender. Stir occasionally.
1 lb. 6 oz	2-3/4 cups	Uncooked rice....	
1 oz.....	2 tbsp.....	Sugar.....	
1 oz.....	2 tbsp.....	Salt.....	
4 oz.....	1/2 cup ...	Butter or margarine	

PORTION: 1/2 cup--provides about 1/2 cup tomatoes.

SWEETPOTATOES AND APPLES

Vegetables J-18

100 Portions		Ingredients	For — Portions	Directions
Weights	Measures			
25 lb.	2 gal. 3 qt.	Sliced cooked sweetpotatoes	<ol style="list-style-type: none"> Place a layer of sweet- potatoes in greased baking pans (10-1/2 by 16-1/2 by 2-1/2 inches) and cover with a layer of apples. Sprinkle with sugar and salt, dot with butter or margarine. Repeat until pans are filled. Add a small amount of water to each pan. Bake at 350° F. (moderate) 1 hour.
4 lb.	4 qt.	Sliced pared tart apples	
2 lb. 10 oz.	1-1/2 qt., packed	Brown sugar	
1 oz. 10 oz.	2 tbsp..... 1-1/4 cup.	Salt Butter or marga- rine	
.....	2/3 to 1 cup	Water	

PORTION: 1/2 cup--provides about 1/2 cup vegetable and fruit.

